



# Mental Health & Wellbeing Support Services



## TLC

### TLC

The TLC service has been created to support you as member of Team DBTH by responding rapidly during this difficult situation. The TLC service can be used as and when required and can be accessed by emailing [dbth.tlc@nhs.net](mailto:dbth.tlc@nhs.net).



### Employee Assistance Programme (EAP)

Vivup EAP is a 24/7 support service available for DBTH staff. The telephone helpline offers support on a range of issues, including: Telephone/Online counselling, Relationship support, Family breakdown, Debt, Drugs and Alcohol, Stress/ Mental Health, & much more.... Contact the EAP via the details below, 24/7, 365 days a year.

**Telephone: 03303 800 658**

**Website: <https://www.vivupbenefits.co.uk/>**



### Mental Health at Work

Mental Health at Work offers a range of online resources, advice, tool kits and recommendations to help support individuals to achieve better mental health outcomes at work. Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health. To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm if you're in England, or call 116 123 any time if you're elsewhere in the UK. Visit: [www.mentalhealthatwork.org.uk](http://www.mentalhealthatwork.org.uk) Tel: 03303 800 658



### Mind

Mind provides confidential mental health information services.

With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental health problems, where to get help, drug treatments, alternative therapies and advocacy. Mind works in partnership with around 140 local Minds providing local mental health services.

**Telephone: 0300 123 3393 (9am-6pm Monday to Friday) or text 86463 Email: [info@mind.org.uk](mailto:info@mind.org.uk)**

**Website: [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)**



### Samaritans

Provides confidential, non-judgemental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

**Telephone: 116 123 (24 hours a day, free to call)**

**Email: [jo@samaritans.org](mailto:jo@samaritans.org)**

**Website: <https://www.samaritans.org>**