



Mental Health & Wellbeing Support Services



Employee Assistance programme

Expert guidance on emotional, health, social and financial concerns from wellbeing and counselling practitioners. Available 24/7, 365 days a year on **0800 032 9857**. They can offer support and information on a range of topics, including health and wellbeing, money worries, carers concerns, work/life balance, consumer and legal affairs, and family and home worries.



Colleague Telephone Line

Confidential emotional and psychological support from trained mental health professionals who can offer emotional first aid and signposting to other associated services, as needed. If further emotional and psychological support is needed, rapid access to specialist counselling can be made. Open Tuesday-Thursday 9am-3pm on **0300 124 5595**.

Mindline Somerset

Emotional support and mental health helpline



01823 276 892

Open 24 hours a day, 7 days a week

Mindline

Confidential listening service and safe place to talk with basic mental health information and signposting. Open 24 hours a day, 7 days a week on **01823 276 892**. The call operators treat all callers, regardless of background, in a non-judgemental way with dignity and respect. When the lines are busy, or closed, the switchboard can connect to the sister service, the Samaritans.



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 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

Website: 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

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