



# Mental Health & Wellbeing Support Services



## Contact

If you are feeling stressed or anxious and need someone to talk to, we have a support service that can help.  
Phone 03000 411 411 and there will be someone available to take your call Monday to Friday, 8am to 5pm. They will take your details and make arrangements for a counsellor to call you back.

To apply online – available 24 hours – Go to  
[cantium.solutions/service/hrselect/health-wellbeing/](https://cantium.solutions/service/hrselect/health-wellbeing/)



## 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>