



Mental Health & Wellbeing Support Services



Supporting Our NHS People

'Supporting our NHS People' is a national Health and Wellbeing package for all NHS staff to help with everything from stress and anxiety to family relationships and finances. There is a dedicated help line and a 24/7 text line as well as a range of free apps and guides. You can find support for individuals, leaders and teams. Whatever your role, visit:

[https://www.england.nhs.uk/supporting\[1\]our-nhs-people/](https://www.england.nhs.uk/supporting[1]our-nhs-people/)



Employee Assistance Programme (EAP)

NEW Confidential telephone support many be accessed via our EAP provider, Health Assured, via 0800 028 0199. If required, counselling may be offered via telephone, video-call or face to face. Health Assured also offer a Health & Wellbeing portal <https://healthassuredeap.co.uk/> and a free downloadable smartphone app, 'My Healthy Advantage', both of which contain a range of resources across many topics.

Tel: 03303 800 658



Cheshire and Merseyside Resilience Hub

Cheshire & Merseyside Resilience Hub <https://www.cheshiremerseyresiliencehub.nhs.uk/> provides access to a wealth of self-help resources, information, support links and free wellbeing apps to support health and social care staff through the COVID-19 pandemic and beyond.



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>



Free Mental Health and Wellbeing Apps

There are lots of apps that can help you with your mental and physical health. Some of these apps have been made available for free to NHS staff, including [Unmind](#), [Headspace](#) and [Sleepio](#).

You can take a look at the range of free apps available on the NHS website: [NHS England](#) » [Wellbeing apps](#)