



# Mental Health & Wellbeing Support Services



## Optima Health Help Employee Assistance Programme

Provides access for staff/volunteers to a team of trained welfare and counselling practitioners who offer confidential, independent and unbiased information and guidance for a range of difficulties which can impact mental wellbeing, including bereavement, trauma, debt, bullying/harassment, relationships and work life balance.

Available 24/7, 365 days a year. Contact Optima Health Help EAP on 0900 0116738

## Blue Light Infoline

Helping people in the emergency services look after their mental health

0300 303 5999

blulightinfo@mind.org.uk

text 84999



## Blue Light Infoline

The Blue Light Infoline is just for emergency service staff, volunteers and your families. It provides confidential, independent and practical support, advice and signposting to help you manage your mental health and stay well at work.

Tel: 0300 303 5999 (9am-5pm Monday to Friday. Local rate charges apply)

Text: 84999

Email: [blulightinfo@mind.org.uk](mailto:blulightinfo@mind.org.uk)

Web: [www.mind.org.uk/Bluelight](http://www.mind.org.uk/Bluelight)



THE AMBULANCE STAFF CHARITY

## The Ambulance Service Charity (TASK)

Provides vital support for ambulance service staff and their families in times of severe difficulty or crisis or where they feel they have nowhere else to turn. They offer confidential, impartial and independent advice and can provide access to a range of support services including; rehabilitation when recovering from illness, injury or disability, mental health support, help with bereavement, debt and welfare advice and financial grants etc.

Tel: 0800 1032999



## 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



## Blue Light Peer Support (BLIPS)

Is a network using Facebook and Twitter to provide support to the front-line Blue Light staff and volunteers who may need support from their peers. Whether you've been injured in some way, suffered with an illness or just need to chat to someone who understands the pressures of front-line duties and the lifestyle of a Blue Light worker.

Closed Facebook Group [www.facebook.com/groups/914456385243185](https://www.facebook.com/groups/914456385243185)

Open Public Facebook Page: <https://www.facebook.com/BlueLightPeerSupport>

Twitter: [@blips999](https://twitter.com/blips999)



## 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>

### **Additional Resources:**

**It Gets Brighter** collects and features short video messages of hope from those living with a mental health issue, and those who support them. They believe that expressing what's happening in our heads is better than suppressing it. Their mission is to give those struggling the hope that it gets brighter.

Web: [www.itgetsbrighter.org](http://www.itgetsbrighter.org)

**Self Help Leaflets** (Northumberland, Tyne and Wear NHS Foundation Trust)

Free to download, self-help booklets covering a range of mental health and wellbeing topics, written by clinical psychologists with contributions from service users and healthcare staff from Northumberland. Please feel free to download them for your own use.

Web: [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

**Rethink Mental Illness**

Major mental health charity with a great deal of information and advice on mental health conditions.

Web: [www.rethink.org](http://www.rethink.org)

**Clasp** (Counselling Life Advice Suicide Prevention)

Clasp is a charity focussed reducing stigma and supporting people with mental health problems. It contains some very good links and videos to help understanding of mental health conditions.

Web: [www.claspcharity.com](http://www.claspcharity.com)

**Campaign Against Living Miserably (CALM)**

Seeks to prevent male suicide by offering support to men in the UK, of any age, who are down or in crisis via a helpline and website, challenge a culture that prevents men from seeking help when they need it and push for changes in policy and practice so that suicide is better prevented.

Web: [www.thecalmzone.net](http://www.thecalmzone.net)

**Anxiety UK**

Helps people who suffer from anxiety. They offer advice on how to talk to people who may suffer from anxiety and provide an Infoline and live chat service.

Tel: 08444 775774 (9am-5:30pm, Monday-Friday, except bank holidays)

Text: 07537416905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Combat Stress**

A Veterans' mental health charity aiming to provide timely, effective clinical treatment and welfare support to Veterans who suffer from psychological wounds.

24hr helpline: 0800 138 1619

Web: [www.combatstress.org.uk](http://www.combatstress.org.uk)