



Mental Health & Wellbeing Support Services

Employee Assistance Programme (EAP)



A range of support and guidance is available from Health Assured, who are an external company, commissioned to provide support for any member of LCH staff. The offer includes a Listening service, self-help guides, top tips, and counselling sessions (6 sessions free).

Available 24/7, 7 days a week, 365 days a year:

[Health Assure Website](#) (Username and password available from [My LCH](#))

Their app Health e-Hub is available to download onto your mobile

Phone Service: 0800 030 5182

West Yorkshire and Harrogate
Health and Care Partnership



Regional Mental Health Hub Line

Call the staff support line 0808 196 3833 free of charge, 8am to 8pm (including weekends and bank holidays) or

visit <https://www.workforce.wyhppartnership.co.uk/>



Leeds Mental Wellbeing Service (LMWS)

Is a group of mental health care providers from the NHS and third sector, comprising of [Leeds Community Healthcare NHS Trust](#), [Community Links](#), [Northpoint Wellbeing](#), and [Touchstone](#).

The organisation work in partnership together to provide assessments and a range of treatments for people with common mental health problems. These may include stress, depression, anxiety, post-traumatic stress and panic. The service sees adults from the age of 17 upwards and who are registered with a Leeds GP/live in Leeds.

Treatments are delivered across a number of locations in the city and can take place as part of a group, online, or on a one to one basis.

To access treatment you can self-refer to the service online: <http://www.leedscommunityhealthcare.nhs.uk/iapt/home/>.

Alternatively, please call 0113 843 4388.

****Please mention you are a member of staff when you ring or in the Communication Needs section at the bottom of the online referral form****

Staff Counselling and Therapy sessions

A confidential counselling service for staff across LCH service is provided by South West Yorkshire Partnership NHS Foundation Trust (SWYFT) and will utilise a range of therapies. The service can help staff develop strategies and manage symptoms for a range of difficulties they may be experiencing.

To self-refer you can ring 01924 316031 or complete [this form](#) and return it to the counselling service via the post or via email – from an NHS Mail account to occupationalhealth.lypft@nhs.net

If self-referring by phone, you will be asked to give some brief details and then your referral will be passed to a therapist who will contact you on your mobile to discuss the next steps.

During out of hours please leave your name and mobile number and someone from the service will return your call. Opening times: Monday to Friday: 8.00 am - 4.00 pm (excluding bank holidays)

MENTAL HEALTH AT WORK

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:

<https://www.nhs.uk/apps-library/>