Mental Wellbeing

Resources to use if you or a loved one is going through a mental health crisis.

St John's Ambulance (www.sja.org.uk) **Workplace Mental Health and Wellbeing Checklist:** https://www.sja.org.uk/course-information/guidance-and-help/mental-health-resources/mental-health-and-wellbeing-checklist/

Wellness Action Plan https://www.mind.org.uk/workplace/mental-health-at-work/wellness-action-plan-sign-up/

Bereavement and Loss - **Cruse Bereavement Care** www.crusebereavementcare.org.uk

Psychological Health - **British Association for Counselling and Psychotherapy.** Information to help you find a local registered practitioner. www.bacp.co.uk

Mind: Charity providing help, support and information on mental health for individuals, employers and their families. They have an excellent range of downloadable factsheets. Call their infoline 0300 1233393 or visit www.mind.org.uk

National Phobics Society: a helpline for people affected by anxiety, phobias, compulsive disorders, or panic attacks www.phobics-society.org.uk

Samaritans: a freephone helpline for anyone who wants to talk anonymously to someone who will be supportive and non-judgemental. Call 116 123 or visit https://www.samaritans.org/

Saneline: a helpline offering information and advice on all aspects of mental health for individuals, family, friends, and employers. Call 0300 304 7000 or visit www.sane.org.uk

The Royal College of Psychiatrists provide a range of resources on their website particularly about major psychological conditions. They also have information about anxiety and managing depression in the workplace. https://www.rcpsych.ac.uk/mental-health

International Stress Management Association: a voluntary association that sets standards for trainers and promotes knowledge and awareness about stress management. Visit www.isma.org.uk

Relate: relationship counselling for individuals and couples www.relate.org.uk

The **Suzy Lamplugh Trust** is a charitable organisation that aims to eliminate abuse, aggression, and violence, creating a society in which people are safer and feel safer. Call 0808 802 0300 or visit www.suzylamplugh.org