

# Mental health contact numbers, support and apps

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If you are experiencing mental ill health there is help and support for you.

- Mental Health **SHOUT** 85258 [www.giveusashout.org](http://www.giveusashout.org) **Shout** for support via text – text SHOUT and a trained counsellor will text back. They are there to help anyone who is struggling with their mental health and are open 24 hours, 7 days a week.
- **Woebot** – an AI app run by EAP provider CareFirst. It is a chatbot which responds to people with coping mechanisms or points them in the direction of appropriate support. This would suit those who cannot face, or do not want, person to person counselling. 3 months free with code CFGEN

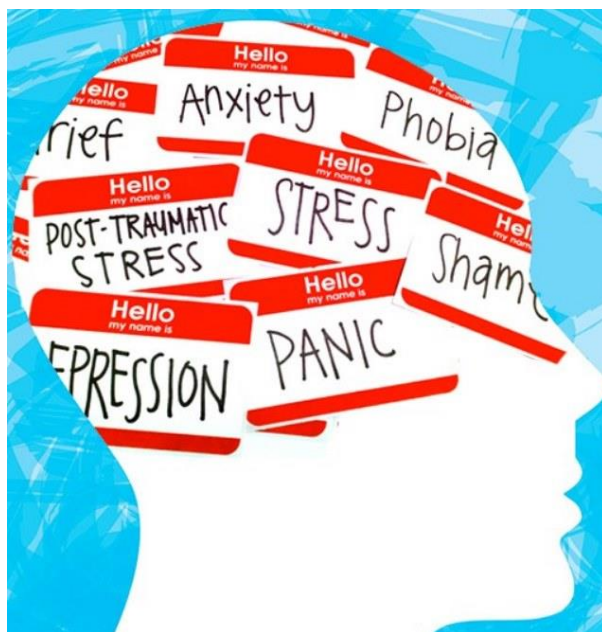
- **Thrive** - Another App we would recommend is called **Thrive**, which is free for Capita colleagues using code AVIVAIYP1116, for wellbeing management and mindfulness tools as well as CBT modules. It is an excellent resource which also allows you to self-assess your mental health with clinical questionnaires, also 'MoodJuice' (NHS app often recommended by OH) or 'Headspace'. Other apps are available!
- **Employee Assistance Programme (EAP)**, via CareFirst, cover practical advice (Citizen's advice style team) and tips to general financial wellbeing, and you can access 8 free sessions of counselling, per subject, by phone or video link, all completely confidentially. They can be contacted 24/7 and free of charge on 0800 015 5630
- **Access to work** that can provide advice and an assessment of workplace needs if you have a disability or a long-term health condition, and are already in work or about to start. Grants may be available to help cover the cost of workplace adaptations to enable you to carry out your job without being at a disadvantage. For more information, go to [www.gov.uk/access-to-work](http://www.gov.uk/access-to-work).
- **Improved Access to Psychological Therapies (IAPT) / Wellbeing Services** exist in all localities but there's not a single point of access. You should check with your GP surgery to see if this may be available near you.
- **Mind** is the leading mental health charity in England and Wales. Their helpline and website provide information and support to empower anyone experiencing mental ill health and general advice on mental health-related law. For more information, go to [www.mind.org.uk](http://www.mind.org.uk) or they can be reached on 0300 123 3393 (9am to 6pm weekdays).
- **NHS choices** has a website that offers information and practical advice for anyone experiencing mental ill health. For more information, go to [www.nhs.uk/livewell/mentalhealth](http://www.nhs.uk/livewell/mentalhealth).
- **Remploy** offers a free and confidential Workplace Mental Health Support Service if you are absent from work or finding work difficult because of a mental health condition. It aims to help people remain in (or return to) their role. For more information, go to [www.remploy.co.uk](http://www.remploy.co.uk) or call 0300 4568114.
- **Rethink Mental Illness** is the largest national voluntary sector provider of mental health services, offering support groups, advice and information on mental health problems. For more information, go to [www.rethink.org](http://www.rethink.org) or call 0300 5000 927.
- **Psychological Therapies**

Links: [https://www.nhs.uk/service-search/Psychological-therapies\(IAPT\)/Runcorn/Results/1068/-2.728/53.343/10008/18134?distance=25#](https://www.nhs.uk/service-search/Psychological-therapies(IAPT)/Runcorn/Results/1068/-2.728/53.343/10008/18134?distance=25#)

Links: <https://www.england.nhs.uk/mental-health/adults/iapt/>

- **Trade unions** - if you are a trade union member, you can seek help and guidance from your trade union representative.

## Free courses in mental health



### [Free courses starting in mental health](#)

These free, advanced level courses serve as an introduction to Masters level study in neurosciences and mental health.

This suite of three courses focuses first on anxiety ([Exploring anxiety](#)), then depression ([Exploring depression](#)), and finally explores the relationship between these conditions ([Exploring the relationship between anxiety and depression](#)).

## Further information and support

**If your feelings of anxiety are not going away, are having a negative impact on your life, or often prevent you from doing things you need or want to do, seek support. Speak to your GP or healthcare professional about support available in your area or contact a [helpline service](#).**

- **Mindfulness** [www.mentalhealth.org.uk/mindful](http://www.mentalhealth.org.uk/mindful)
- **Exercise** [www.mentalhealth.org.uk/physical-activity](http://www.mentalhealth.org.uk/physical-activity)
- **Cost of Living** [www.mentalhealth.org.uk/cost-of-living-support](http://www.mentalhealth.org.uk/cost-of-living-support)
- **Nature** [www.mentalhealth.org.uk/nature](http://www.mentalhealth.org.uk/nature)
- **Diet** [www.mentalhealth.org.uk/diet](http://www.mentalhealth.org.uk/diet)
- **Helpline services** [www.mentalhealth.org.uk/get-help](http://www.mentalhealth.org.uk/get-help)

## Mental Health at work

[The report](#), stemming from a Research England-funded study into a selection of suicide cases, found that employee suicides are still largely treated as an individual mental health problem that has no direct relevance for work or the workplace.

Suicide rates are rising in the UK and the highest rates are amongst working age men aged 40-54. Suicide charities, professional associations and trade unions point to a mental health crisis in the workplace. Yet, there is no data collected on suicides that occur in the workplace or that are identified as work-related. While an employer is legally obliged to report the fracture of an arm or leg at work for investigation, a suicide that takes place in the workplace or is related to work, does not need to be reported to any public agency. In the aftermath of a suicide, employers are not obliged to assess workplace risks or make any changes to policies or practices. No official investigation takes place in the workplace following an employee suicide or suicide(s).

A key recommendation of the report is to include suicide in the list of work-related deaths that must be reported to the Health & Safety Executive for investigation. The report also calls for explicit and enforceable legal requirements that oblige employers to take responsibility for suicide prevention. There is an urgent need to modernise health and safety regulations in order to prevent avoidable deaths and bring the UK in line with other industrialised countries where suicides are systematically monitored and treated as a serious public health concern.

A new report by Professor Sarah Waters (LCS) and Hilda Palmer (Hazards) calls for work-related suicides to be monitored, regulated and prevented.

## MHF Empower half hour

**#EMPOWERHALFHOUR**

Take **30 MINUTES** to try these activities to boost your wellbeing at work!

**MHFA England**

**MOTIVATE** (thumbs up icon)  
Group games and goals can help bring people together:  
- Scavenger hunt  
- Team quiz  
- Goal setting: what will bring you closer as a team?

**MOVE** (sneaker icon)  
Get active, a healthy body helps a healthy mind so why not:  
- Set up a walking meeting  
- Try chair yoga  
- Bring in a fitness instructor for a lunchtime group class

**SHARE** (speech bubbles icon)  
Connect with colleagues by discussing your life outside of work.  
What are your:  
- Secret skills  
- Much-loved hobbies  
- Weekend plans

**BOND** (coffee cup icon)  
Show your support for your teammates:  
- Take turns to discuss each person's best qualities  
- Invite someone new for coffee or lunch  
- Share lunch with colleagues – each bring a different dish

**DISCOVER** (brain icon)  
Open your mind and calm your thoughts:  
- Try mindfulness as a team  
- Explore meditation  
- Turn off your tech! No apps, no emails, no talking – let your mind quieten

## Andy's Man Club - Mens mental health support



Andy's Man Club - Mens mental health support

Enter your town or city in the text box, then select it from the drop down options to find the nearest ANDYSMANCLUB groups to where you are and join us on Mondays at 7pm. If you can't find a group near you and you want to join us online, please contact us.

[Click here to find out more information](#)

## ACAS advice on supporting mental health at work



**Read Acas advice:**

[Supporting mental health at work](#)

[Reasonable adjustments for mental health](#)

[Managing employees with reasonable adjustments for mental health](#)

[Managing work-related stress](#)