

OCCUPATIONAL HEALTH MENTAL HEALTH AND WELLBEING Support and signposting



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Key points

Mental health is about how we think, feel and behave. Anxiety and depression are the most common mental health problems. They are often a reaction to a difficult life event, such as bereavement, but can also be caused by work-related issues.

Source: Health and Safety Executive (HSE)

Overview

This supporting document provides signposting for support and resources. We have tailored the support to provide the most appropriate resources based on your role.

Links provided below are not hierarchical: what is important is that you seek help and support for any issues that you, or people you know are experiencing.

This document is to encourage you, or people you know to seek help and support.

Mental Health First Aid England (MHFA) have recommended the following:

Poor mental health (to describe what a person is experiencing but does not yet have a diagnosis)

Mental health issues (to describe specific issues faced i.e., certain symptoms)

Mental health conditions

Mental ill health (when a person has a diagnosis of a mental health condition)

Urgent help

If you need help for a mental health crisis or emergency, you should get immediate expert advice and assessment. Here are some contacts who want to help.

NHS urgent mental health helplines

NHS urgent mental health helplines are for people of all ages.

You can call for:

- 24-hour advice and support – for you, your child, your parent or someone you care for
- help to speak to a mental health professional
- an assessment to help decide on the best course of care

[Find your local NHS urgent mental health helpline by clicking here](#)

Mental health support by text message

You can text "**SHOUT**" to **85258** for free from all major UK mobile networks. You'll then be connected to a volunteer for an anonymous conversation by text message.

If you just need to talk, any time of day or night

Free listening services

These services offer confidential support from trained volunteers. You can talk about anything that's troubling you, no matter how difficult:

- Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Text "**SHOUT**" to **85258** to contact the Shout Crisis Text Line, or text "YM" if you're under 19










If you're under 19, you can also call 0800 1111 to talk to Childline. The number will not appear on your phone bill.

Urgent advice: Get advice from dialing **111** or ask for an urgent GP appointment if:

- you are not able to speak to your local NHS urgent mental health helpline
- you need help urgently for your mental health, but it's not an emergency
- you're not sure what to do

111 will tell you the right place to get help if you need to see someone

For Directors/Executives












	General Practitioner (GP)
	Health and Safety Executive
	Mental Health first aid England
	Institute of Directors
	Mates in Mind
	Samaritans
	Hub of hope
	*Private healthcare
	*Employee Assistance Programme/HR

*If available

A great resource to help you deal with someone who may approach you for support/guidance.












	Working Minds
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For Managers

	General Practitioner (GP)
	Health and Safety Executive
	Mental Health First Aid England
	Mates in Mind
	Campaign against living miserably
	Samaritans
	Hub of hope
	Manager/colleagues
	*Company occupational health
	*Private healthcare
	*Employee Assistance Programme/HR











*If available

For Supervisor/Team leaders

	General Practitioner (GP)
	Health and Safety Executive
	Mental Health First Aid England
	Mates in Mind
	Campaign against living miserably
	Samaritans
	Hub of hope
	Manager/colleagues
	*Company occupational health
	*Private healthcare
	*Employee Assistance Programme/HR











*If available

For Operatives

	General Practitioner (GP)
 MHFA England	Mental Health First Aid England
	Mates in Mind
	Campaign against living miserably
	Samaritans
	Hub of hope
	Working Minds
	Manager/colleagues/teammates
	*Company occupational health
	*Employee Assistance Programme/HR











*If available

For office-based colleagues

	General Practitioner (GP)
 MHFA England	Mental Health First Aid England
	Mates in Mind
	Campaign against living miserably
	Samaritans
	Hub of hope
	Working Minds
	Manager/colleagues/teammates
	*Company occupational health
	*Employee Assistance Programme/HR

*If available

For technical roles

	General Practitioner (GP)
 MHFA England	Mental Health First Aid England
	Mates in Mind
	Campaign against living miserably
	Samaritans
	Hub of hope
	Manager/colleagues/teammates
 <small>HEALTH • WELLBEING • WORK • PERFORMANCE</small>	Working Minds
	*Company occupational health
	*Employee Assistance Programme/HR

*If available

For hauliers

	General Practitioner (GP)
	Health and Safety Executive
	Mates in Mind
	Campaign against living miserably
	Working Minds
	Samaritans
	Manager/colleagues/teammates

For contractors and specialist services

	General Practitioner (GP)
	Health and Safety Executive
	Mates in Mind
	Campaign against living miserably
	Working Minds
	Samaritans
	Manager/colleagues/teammates