

Mental Health and Stress resources and support organisations



The Employee Assistance Programme

They are there to help and can be contacted at any time by any employee.

If you don't have their contact details, please speak with any member of your Senior Leadership Team or your line manager.

Samaritans

Whatever you're going through, a Samaritan will face it with you. They are here 24 hours a day, 365 days a year.

Call for free on 116 123, email jo@samaritans.org.

www.samaritans.org

Stay Alive App

The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide.

www.stayalive.app

Suffolk Wellbeing Services

You can self-refer for help and support to improve wellbeing and manage stress, low mood, and anxiety. They offer a range of services including workshops and courses, talking therapies such as counselling and cognitive behavioural therapy.

www.wellbeingnands.co.uk

Mind

Empowers people to understand their condition and the choices available to them, through an info line which offers callers confidential help, a legal line which provides information on mental health related law, publications and a website:

www.mind.org.uk

Infoline: 0300 123 3393 – info@mind.org.uk – Text: 86463

Mental health at work assistance from MIND:

www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources

Suffolk MIND: www.suffolkmind.org.uk

Telephone: 0300 111 6000 – info@suffolkmind.org.uk

Suffolk Libraries

Suffolk Libraries

Provides a dedicated health and wellbeing service with drop-ins, reading lists and links to other resources to help you.

www.suffolklibraries.co.uk/advice/health-and-wellbeing

Telephone: 01473 351249 – help@suffollibraries.co.uk

Suffolk Like Minds BSE

A friendly, supportive group for people in the Bury St Edmunds area and nearby towns and villages who are experiencing difficulties with mental health.

likemindsbse.weebly.com

Suffolk Family Carers

They support family carers of all ages across Suffolk to get the support they need to live fuller lives. They provide information, advice and support to thousands of family carers each year.

suffolkfamilycarers.org – Information Hub: 01473835477



Family Lives

This is a charity that offers support and information to anyone parenting a child – the child's parents, stepparents, grandparents and foster parents.

This includes information about bullying.

www.familylives.org.uk – Telephone: 0808 800 2222



Gingerbread

This is a leading support organisation for single parents and their children. They offer support and advice, as well as means of connecting with other single parents.

www.gingerbread.org.uk – Helpline: 0808 802 0925

Anxiety UK

Working to relieve and support those living with anxiety and anxiety-based depression by providing information, support and understanding via an extensive range of services.

www.anxietyuk.org.uk

Telephone: 03444 775 774 support@anxietyuk.org.uk





Beat

Supporting anyone affected by eating disorders, emotional overeating, and difficulties with food, weight and shape. Giving individuals experiencing eating disorder and their loved ones a place where they feel listened to, supported and empowered.

www.beateatingdisorders.org.uk

Helpline: 0808 801 0677

Youthline: 0808 801 0711

Studentline: 0808 801 0811

Better Health – Healthier Families

NHS advice for families on how to stay health, including healthy eating, physical activity, mental health and wellbeing.

www.nhs.uk/healthier-families

CALM – Campaign Against Living Miserably

Offers support to men of any age, who are down or in crisis via a helpline, webchat, and website open 7 hours daily.

If you are worried about a male friend or relative and need advice, they are there for you as well.

www.thecalmzone.net – Helpline: 0800 58 58 58

Citizens Advice

Independent, confidential and impartial advice on your rights about a range of social issues, such as housing, benefits, and debt, including advice on cost of living.

www.citizensadvice.org.uk

Young Minds

Provides support and advice on mental health and wellbeing for young people as well as for parents and those working with young people.

This includes information about mental health medications.

www.youngminds.org.uk

Cruse Bereavement Support

Cruse helps people through one of the most painful times in life – with bereavement support, information and campaigning.

www.cruse.org.uk – Helpline: 0808 808 1677



Hope Again

This the youth website of Cruse bereavement care. It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone.

www.hopeagain.org.uk

Child Death Helpline

Professionals and bereaved parents working in partnership to provide a listening service that offers emotional support. Anyone affected by the death of a child of any age can call.

www.childdeathhelpline.org.uk

Free phone helpline: 0800 282 986.

Survivors of Bereavement by Suicide (SoBS)

A self-help organisation who provides a safe confidential environment in which bereaved people can share their experiences and feelings to help break the isolation experienced by those bereaved by suicide.

uksobs.org – Support Line: 0300 111 5065

WAY – Widowed and Young

A national charity in people aged 50 or under when their partner dies. It's a peer support group operating with a network of volunteers who have been bereaved at a young age themselves.

www.widowedandyoung.org.uk

Relate

A charity focused on supporting relationships in all their forms. They offer counselling services and. provide advice on marriage, LGBT issues, divorce and parenting. You can find your nearest Relate centre through the website.

www.relate.org.uk

Rethink Mental Illness

Rethink aim to improve the lives of people severely affected by mental illness through a network of local groups and services, expert information, and successful campaigning. Their goal is to make sure everyone affected by severe mental illness has a good quality of life.

www.rethink.org – Advice service freephone: 0808 801 0525



Sane

Is an independent mental health charity. They host an out-of-hours helpline, an online SANE Community, and their SANE Creative Awards Scheme provides grants to individual to realise their creative potential by providing funding for materials, courses and exhibitions.

www.sane.org.uk – Mental Health Helpline: 0300 304 7000



Scope

This is the disability equality charity in England and Wales. They provide practical information and emotional support to people living with disabilities and their families.

www.scope.org.uk

Helpline: 0808 800 3333 or helpline@scope.org.uk



Shout 85258

Shout is a 24/7 text service free on all major mobile networks for anyone in crisis anytime anywhere. It's a place to go if you're struggling to cope and need immediate help.

www.giveusashout.org – Text: 85258



The Source

The Engagement Hub within Suffolk County Council manage the Source. It provides information and advice on healthy, relationships, housing, money, work and learning for young people in Suffolk.

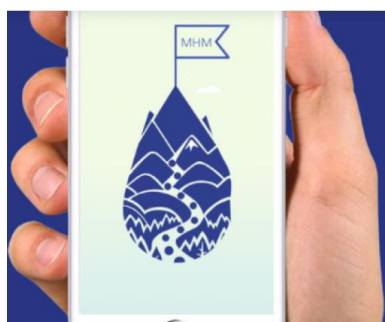
www.thesource.me.uk



Headspace

Headspace Provides guided meditation sessions and mindfulness training which can be accessed online or via a mobile app.

www.headspace.com



Molehill Mountain app

Molehill Mountain is an app to help autistic people understand and self-manage anxiety. It allows you to track your worries and the situations that trigger anxiety; get evidence-based daily tips to understand more about anxiety; and to feel more confident to self-manage anxiety.

www.autistica.org.uk/molehill-mountain



Alcohol Anonymous

A support organisation for the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

www.alcoholics-anonymous.org.uk

National Helpline: 0800 9177 650, help@aamail.org

FRANK

An information site about drugs and their effects, as well as guidance and support for how be safe.

www.talktofrank.com – support line: 0300 123 6600

Recovery.org.uk

UK drug and alcohol rehabilitation services providing advice on recovery sources. They help with any type of addiction. Fees may apply for ongoing counselling, please check if you contact them.

www.recovery.org.uk – Support line: 0203 553 0324