

Wellbeing Support for Staff – How Am I ...



I feel well and want to stay emotionally healthy

Wellbeing Apps Free NHS Access

[Guided Meditations for Relaxation](#) | [Insight Timer](#)

[DoingOurBit](#) wellbeing activities

[Unmind](#) | Wellbeing that works

[Self-Assessment Tool](#) – Check my wellbeing
(leadershipacademy.nhs.uk)

[Click here for more support](#)

[Lead Employer - MWL | Wellbeing Support](#)
(merseywestlancs.nhs.uk)



I am beginning to struggle with my emotional wellbeing

✓ Cost of Living

- [Free and impartial help with money, backed by the government](#) | [MoneyHelper](#)
- [Citizens Advice Bureau](#)
- [Food Bank vouchers](#) [Get a food voucher](#) | [Trussell](#)

✓ Mental Health Support

- **VITA Healthcare - Employee Assistance** Freephone from UK landline: 0800 111 6387 my-eap.com use access code: STHKWELL or SOUTHPORTWELL
- [The Hub of Hope](#) directory of support services locally.
- Self-refer to **MAXIMUS** for tailored support for work related stress



I am struggling with my emotional wellbeing

- ✓ **Text SHOUT** 85258
- ✓ **Gamblers Anonymous** 0330 094 0322
- ✓ **Talk to Frank Helpline** 0300 123 6600
- ✓ **Samaritans** call 116 123
- ✓ **Stay Alive App**
- ✓ [Grief Kind - a Sue Ryder campaign](#) | [Sue Ryder](#)
- ✓ [Andys Man Club](#)
- ✓ [balance - balance app \(balance-menopause.com\)](#)
- ✓ **NHS Talking Therapies Self-referral** You do not need a GP referral for this service
- ✓ [Home – Qwell](#) free mental wellbeing support across UK



I am really struggling with my emotional wellbeing

- ✓ [Mental Health Helpline for Urgent Help - NHS](#) (www.nhs.uk)
- ✓ [How to find local mental health services - NHS](#) (www.nhs.uk)
- ✓ If you are in crisis, feel unsafe or at risk to yourself or others call 111 or 999 or your GP or attend A&E asap.
- ✓ Contact 999 and request Police welfare check if unable to contact someone at risk