WORLD MENTAL HEALTH DAY 2020

time to change

let's end mental health discrimination

ACTIVITY PACK FOR WORKPLACES



Sometimes we say we're fine when we're not.

Funded by

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COMMUNITY FUND

Run by

mind for better mental health

Rethink Mental Illness.

WORLD MENTAL HEALTH DAY 2020 WILL TAKE PLACE ON SATURDAY 10 OCTOBER

WHAT IS WORLD MENTAL HEALTH DAY?

World Mental Health Day is observed on 10 October every year, with the overall aim of raising awareness of mental health issues around the world and creating positive changes that support and improve mental health.

The day provides an opportunity for you to add to the wider conversation that will be taking place on social media, television and elsewhere.

It's a great opportunity to engage your organisation in the fantastic work you are already doing to address mental health stigma in the workplace and to introduce new and targeted activities connected to the event.

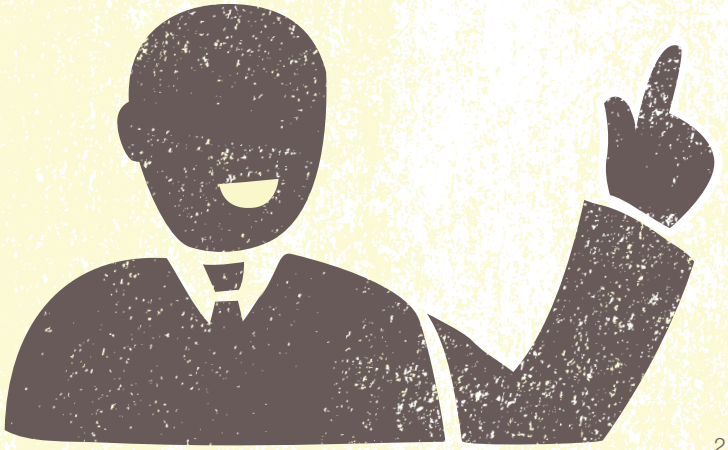
This year, World Mental Health Day falls on a Saturday. We suggest that you use the week leading up to October 10 to share communications with your employees and deliver your workplace activities.

WHAT TIME TO CHANGE ACTIVITIES CAN YOU DELIVER?

This World Mental Health Day, we encourage you all to consider how you can create learning opportunities for all your staff and increase their level of understanding of mental health.

As a consequence of the Covid-19 pandemic, many of us are working remotely more often or all of the time. Whilst remote working means a lack of face-to-face interaction with colleagues, there are still ways we can reach out to colleagues and facilitate activities.

This pack is full of suggested activities that you can look to deliver remotely via digital platforms, alongside resources to support the promotion of your commitment to addressing mental health stigma and the events your employees can get involved in.



TOGETHER WE CAN CHANGE HOW WE ALL THINK AND ACT ABOUT MENTAL HEALTH.

USING THIS PACK

There are lots of ways you can get your organisation involved in World Mental Health Day. These can range from large, company-wide events to smaller activities perfect for including at the beginning or end of a team meeting.

We've compiled some of our favourite activity ideas within this pack to use as inspiration. Or get creative and design your own – we are always keen to hear what you get up to.

Whether it's face-to-face activities you are looking for, or an activity that can be done online, or maybe a bit of both – there is an activity to suit your need.

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STIGMA

Most people with mental health problems report being misunderstood by family members, shunned and ignored by friends, work colleagues and health professionals, called names and much worse by neighbours.

Stigma is the perception that a certain attribute makes a person unacceptably different from others, leading to prejudice and discrimination against them.

Mental health stigma and discrimination prevent people from seeking help: this can delay treatment and impair recovery. It isolates people, excluding them from day-to-day activities and making it hard to build new relationships or sustain current ones. It can stop people getting or keeping jobs.

Why is it key that we bring conversations about mental health into the workplace?

- 9 out of 10 people who experience mental health problems say they face stigma and discrimination as a result
- 60% of people said that stigma and discrimination are as damaging or more damaging than the symptoms of their mental health problem
- 35% of respondents said that stigma had made them give up on their ambitions, hopes and dreams for their life
- 27% said stigma had made them want to give up on life

Figures come from viewpoint survey 2014/15 (Institute of Psychiatry). Survey of 1,000 people using secondary mental health services in five locations in England.

WHY DO EMPLOYEES FEEL THAT THEY CAN'T TALK ABOUT THEIR OWN MENTAL HEALTH AT WORK?

Stigma around mental health remains a key issue in the UK.

- In a survey of UK adults, 56% said they would not hire someone with depression even if they were the best candidate for the job.
- It is perhaps not surprising, therefore, that less than half of employees say they would feel able to talk openly with their line manager if they were suffering from stress and why only 11% of employees have discussed a recent mental health problem with their line manager.
- A quarter of people have considered resigning due to stress.
- 35% of people think they would be less likely to get promoted if they had depression.

Deloitte estimates that poor mental health among employees' costs UK employers £42bn – £45bn each year. This is made up of absence costs of around £6.8 billion, staff turnover costs of £8.6 billion and presenteeism costs ranging from £26.6 billion to £29.3 billion.

Employees might be worried that they might not be trusted with work if they were to disclose a mental health issue, or that they might be passed over for promotion. Employee might be apprehensive that colleagues or managers won't believe the extent of the issue and think they are faking their illness or being lazy.

With the average British person spending just over 1800 hours a year in work, an environment where a great number of people feel uncomfortable talking to their employer or colleagues about their mental health prevents those staff from truly being themselves, open and honest for more than 35% of their waking hours every year.







REMOTE WORKING AND MENTAL HEALTH

The way in which many of us work has seen a significant change over the last several months. Whether working from home has had a positive or negative impact on our mental health, the changes provide both challenges and opportunities for us all.

According to the Office for National Statistics (**ONS**), almost half of the UK's workforce has been working from home during the coronavirus pandemic. Remote working has become the new norm for many who are used to office working, and this has come with a need to adapt and to increasing our use of digital tools, platforms and channels.

With the challenges faced in working from home – including increased isolation, loneliness and a lack of face-to-face communication – it's more important than ever to be mindful of our mental health and to address the stigma that surrounds discussing mental health openly and honestly.

A lack of face-to-face communication in person and a dependency on digital communication could create a further barrier to some of us feeling able to have a conversation about our mental health.

Whilst remote working means an increased reliance on digital platforms and tools, there is also an opportunity to use these to your advantage by employing them to address stigma around mental health and reach remote workers with information, tools and signposting to help manage their mental health and wellbeing.

The information and activities in this pack are designed with remote facilitation in mind. We hope you are able to use the digital resources to your advantage to reach as many of the employees in your organisation as possible and encourage employees to get involved in World Mental Health Day 2020.

FOR MORE INFORMATION ON CORONAVIRUS AND YOUR WELLBEING, PLEASE VISIT THE MIND WEBSITE.

LIST OF ACTIVITIES



SOMETIMES WE SAY WE'RE FINE WHEN WE'RE NOT.

ACTIVITY #1

HOW TO CHECK IN WITH A COLLEAGUE

TYPE: INDIVIDUAL ACTIVITY

DURATION: 10 TO 15 MINUTES

KEY MESSAGE

A person is likely to say I am fine on average 14 times a day in response to "how are you?". This has been particularly prevalent in recent months while remote working, with fewer opportunities for face-to-face interactions and being limited to digital forms of communication.

There's also a danger that we might minimise our own mental health and wellbeing in times of crisis. Asking twice encourages us to break this 'pleasantry' barrier to show real care, concern and value towards one another.

LEARNING OUTCOME

To take on board the impact on oneself and another when asking twice.

ACTIVITY DIRECTIONS

Begin the session by watching Time to Change's two Ask Twice films.

- **Film One**
- **Film Two**

Next, consult our guide on asking twice by visiting the **Time to Change Website**.

Some questions to aid self-reflection:

- How many times on average do you think you say you are fine?
- How many times did you actually mean it?
- Why do we find it difficult to be honest about what we are feeling in that moment?
- What do you imagine would happen if you answered honestly?
- How would you feel if someone you asked – answered honestly how they were feeling?
- To what extent might you be minimising your feelings due to a perception that someone else could be in a more challenging position, particularly during the Covid-19 crisis?





ACTIVITY #2

MENTAL HEALTH VIRTUAL PUB QUIZ

TYPE: GROUP OR INDIVIDUAL ACTIVITY

DURATION: 20 – 30 MINUTES

KEY MESSAGE

How common mental health problems are, and the true picture.

LEARNING OUTCOME

For participants to learn how common mental health problems are and debunking some of the myths that mental health conditions might hold.

ACTIVITY DIRECTIONS

This is a great activity to deliver via a video conferencing platform such as Zoom whilst teams are remote working.

By using setting up a video call, the quiz can be facilitated by the host as quizmaster with participants in groups or individually.

You can find the quiz questions and answers from the **Time to Change website**. The correct answer to each question is shown in bold from the multiple-choice answers, alongside further detail regarding the answer for the quiz master to share.



ACTIVITY #3

WORKING FROM HOME WELLNESS ACTION PLAN (WAP)

TYPE: INDIVIDUAL ACTIVITY

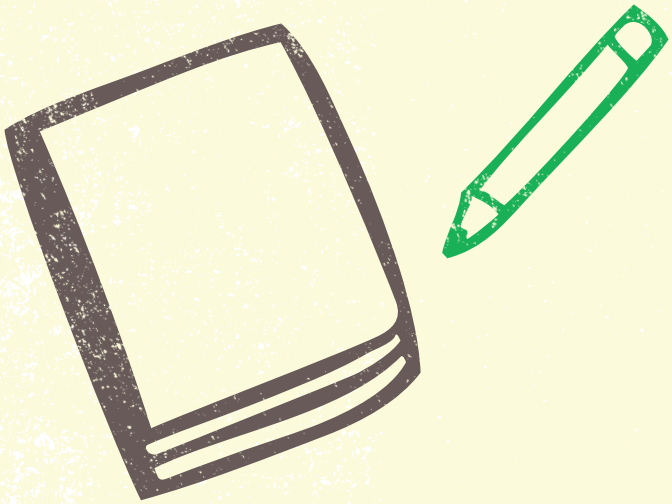
DURATION: VARIOUS

KEY MESSAGE

Remote working has significantly impacted our work and personal lives, changing the way many of us work and potentially influencing our mental wellbeing. Adapted from Mind's Wellness Action Plan, the Working from Home 'WAP' is an opportunity to reflect on recent changes many of us have experienced to our working circumstances.

LEARNING OUTCOME

An increased awareness of the effects of remote working on our mental health during lockdown and understanding of how a Working from Home Wellness Action Plan might help support us manage our own wellbeing.



ACTIVITY DIRECTIONS

Due to the Coronavirus (COVID-19) outbreak, the support we would usually access in our workplaces may not be there for us at the moment. Therefore, it's now more important than ever to reflect on what keeps us well and identify what can impact our wellbeing during this time.

The Wellness Action Plan is a useful tool to help us identify what keeps us well and what impacts our mental health that we have been recommending for many years. This revised Working From Home WAP is designed to support you when you're working from home during the COVID-19 outbreak.

On your own or in a group:

- Begin by watching Mind's webinar to Wellness Action Plans for Home workers which you can find **HERE**.
- Ask people to take a look at Working from Home Wellness Action Plans which you can download **HERE**.
- Ask your teams to have a go at completing their WAPs by themselves and then schedule some time with them via phone/video call to discuss their WAP.
- If necessary, discuss and explore any issues raised within the plan which may require further action, such as home/workplace adjustments, mechanisms for support and further discussions with HR or Occupational Health.

The Wellness Action Plan can be shared with an employee's line manager and incorporated into remote catch-ups or one to ones. If colleagues feel comfortable in doing so, the Wellness Action Plan can be shared with the wider team, perhaps by collating them in a shared folder which colleagues can access.

ACTIVITY #4

PERSONALISING PERSONAL STORIES AND SHARING DIGITALLY

TYPE: GROUP ACTIVITY

DURATION: VARIOUS

KEY MESSAGE

Everyone has their own personal lived experience of mental health. Individuals are experts in their own lived experience and by listening we can understand how best to provide support. Though many of us have faced similar challenges during lockdown, the consequences are unique to each individual.

For example, key workers may have found themselves under increased pressure, while others may have been shielding for prolonged periods or needed to manage childcare whilst working from home.

LEARNING OUTCOME

Participants to consider how they would approach challenging conversations regarding mental health and reflect on the impact that working remotely may have had on their mental health and those they may live with.

ACTIVITY DIRECTIONS

Many Time to Change Champions have shared that they wouldn't have understood or appreciated another's experience until it happened to them. This activity is about visiting the personal stories people have shared with Time to Change and learning from them.

Below are some points on how to facilitate the session:

- Share a number of personal stories for people to read via an e-newsletter, social media channel or internal digital platform. You can pick as many or related stories as you want from Time to Change's personal stories page **HERE**.
- Ask people in small groups or individually – what would they want or need in terms of support from their colleagues, line manager and organisation if they were in that situation.
- Facilitate a wider discussion, perhaps by creating a digital forum or noticeboard where employees can share their own story, as well as tips and info around mental health and wellbeing.

Questions to consider whilst facilitating

- What do you think that person would need from a supporter?
- How would you, personally, approach supporting that person?
- What would be going around in your mind/ how would you feel as you support them?
- How might working remotely have affected the mental health of individuals?
- What support could you put in place to support an individual while working from home?

ACTIVITY #5

DIGITAL LUNCH AND LEARN – MENTAL HEALTH

TYPE: GROUP ACTIVITY

DURATION: 45-60 MINUTES

KEY MESSAGE

'Lunch and Learns' are a great way for people from different teams that don't normally interact to get to know one another. Whilst working remotely, finding an opportunity for interaction with colleagues can be more challenging than it might be in an office or other face-to-face environment.

'Lunch and Learns' can be facilitated remotely and safely via platforms like Zoom which enable a greater number of attendees to be involved than a physical event might allow for. These help to give an understanding amongst colleagues, help to build communities within an organisation and foster learning, growth and development.

LEARNING OUTCOME

An opportunity for participants to engage and connect with one another while working remotely, as well as sharing information and knowledge with colleagues.

ACTIVITY DIRECTIONS

See if you can encourage colleagues to gather for a 'Lunch and Learn'. Pick a specific day for this and ensure that it happens regardless of what else is scheduled.

It's a good idea to plan this well in advance so people can schedule it into their calendars. For example:

- Mental health related topics can help raise awareness and breakdown stigma.
- Topics relating to work/side projects etc. These could include an individual's personal learning and development.
- They might also incorporate how an individual has adapted or created new methods to support them through Covid-19; such as exercise/physical health routines, financial advice, how to maintain social structures remotely or beginning new personal projects.
- Personal interest topics that people in the organisation want to present as it's something that they are interested in or a cause they care about.
- These sessions can also be recorded and uploaded to your intranet for employees to watch at their leisure.



ACTIVITY #6

MENTAL HEALTH AWARENESS – REMOTE TRAINING

TYPE: INDIVIDUAL OR GROUP ACTIVITY

DURATION: VARIOUS

KEY MESSAGE

An understanding and awareness of mental health can help support our own wellbeing and the wellbeing of those we work with.

LEARNING OUTCOME

A basic awareness of mental health and how it can impact both positively and negatively on our wellbeing and our performance and engagement in the workplace.

ACTIVITY DIRECTIONS

There are a number of mental health awareness training packages and modules which your organisation can use on and in the run up to World Mental Health Day to increase your employees' knowledge and understanding of mental health.

These include remotely facilitated training sessions while working from home, as well as e-learning courses.

You can find information on Mind's workplace mental health training offering **HERE**.

You can find information on a broad range of workplace mental health training providers on the Mental Health at Work website **HERE**.





ACTIVITY #7

ANY PLACE IS THE RIGHT PLACE TO TALK ABOUT MENTAL HEALTH

TYPE: INDIVIDUAL ACTIVITY

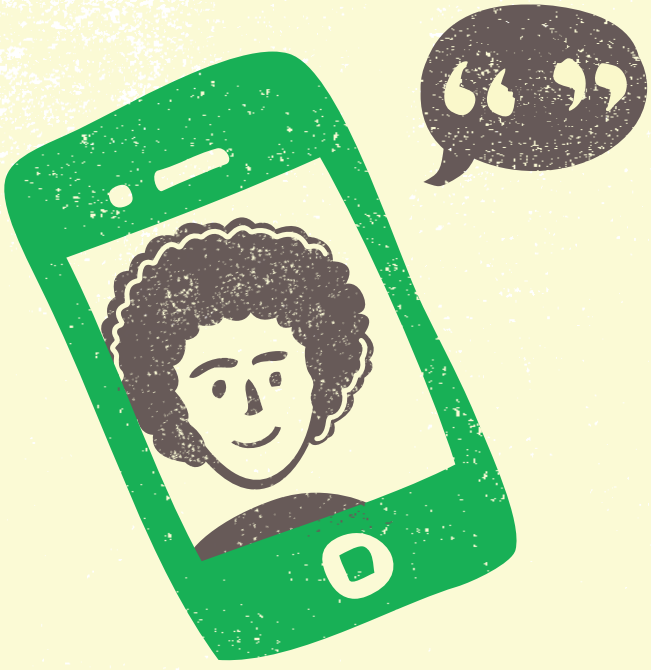
DURATION: 30 MINUTES

KEY MESSAGE

Despite many of us not having an opportunity for face-to-face conversations with colleagues at the moment, it's just as important as ever to reach out to colleagues and start a conversation around mental health.

LEARNING OUTCOME

Participants to consider how they would approach challenging conversations with colleagues regarding mental health and wellbeing while working remotely.



ACTIVITY DIRECTIONS

This guide produced by Time to Change, sets out how employees might approach uncomfortable conversations and tips/tools to support beginning these conversations.

Employees should allocate themselves 30 minutes to read the guide and gain an understanding of how to start a conversation.

The guide can be found **HERE**.

- Share this pack with employees and encourage them to watch this **video** which gives some great tips on how to start a conversation around mental health.
- Consider how you might start a conversation with a colleague about mental health whilst working remotely. Digital tools like instant messengers, FaceTime video calling or even a simple phone call might be a good alternative way to reach out.
- Encourage participants to reach out to a colleague that they might normally talk to face-to-face through a digital platform instead and begin a conversation around mental health.



ACTIVITY #8

THIS IS ME – DIGITAL

TYPE: INDIVIDUAL ACTIVITY

DURATION: VARIOUS

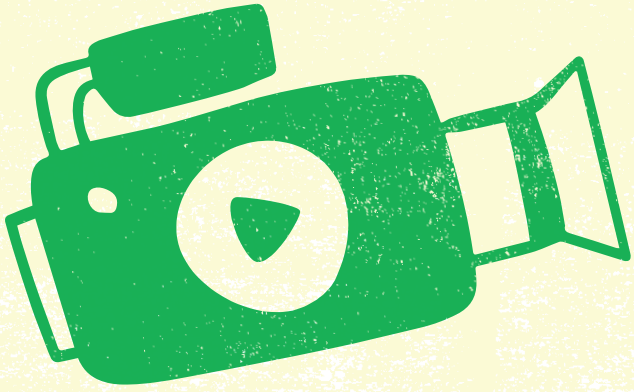
KEY MESSAGE

A chance to reflect on daily life whilst working from home and share thoughts, feelings and insight with colleagues.

LEARNING OUTCOME

A reflective practise designed to encourage open conversation around mental health and wellbeing. Exploring the challenges, opportunities and unique conditions of daily life while working remotely or in challenging environments and sharing this with colleagues.





ACTIVITY DIRECTIONS

Encourage Employees to create a 5-10 minute video that explores their current experience of working from home. This can be recorded easily on a smart phone and uploaded to a video sharing platform such as YouTube.

Encourage employees to share their video with the wider organisation, perhaps referencing their video on internal social media or staff e-newsletter. You might find that one employee 'This Is Me' video shared at a time has a greater impact.

Encourage colleagues to reflect on the last few months, their home life and the challenges and opportunities that working from home might have presented.

- Have they found themselves reflecting on their own mental health more during this period?
- Have there been more triggers or perhaps new ones relating to their mental health, and how have they managed these?
- What are some of the challenges that are perhaps unique to the individual which they have been experiencing and how has this affected their mental wellbeing?
- Could individuals share their working from home routine, including insight and advice that colleagues might find interesting and useful?
- How might an individual have changed their attitude or approach towards mental health and wellbeing during this period?

ACTIVITY #9

HOW TO TELL MY STORY – A PRACTICAL SESSION

TYPE: GROUP ACTIVITY / WORKSHOP

DURATION: 1 HOUR

KEY MESSAGE

What to think about and prepare before sharing stories about personal experiences of poor mental health.

LEARNING OUTCOME

A basic awareness around what is involved around sharing stories, how to structure it and ways in which they can share their stories whilst working from home.

ACTIVITY DIRECTIONS

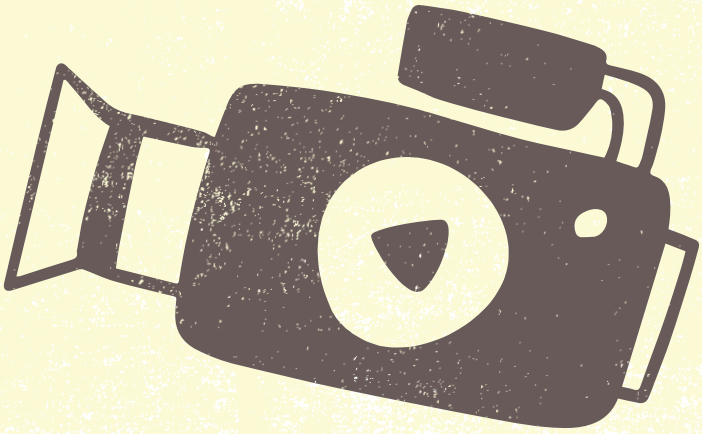
We have developed a one-hour workshop that anyone who feels comfortable to facilitate a group can deliver.

The workshop is around how to share stories and is a great way for people to think about being open in a way that feels safe to them. You may wish to start with your Champion network before seeking to involve the wider team.

Each activity within the workshop is approximately 10–15 minutes each there are a total of 3 activities. You can find the delivery slides with facilitator notes on the Time to Change website **HERE**.

These slides can be adapted to suit a virtual meeting/audience and presented via screen sharing features on platforms like Zoom.





ACTIVITY #10

TALKING ABOUT THAT TED TALK – RUBY WAX, WHAT'S SO FUNNY ABOUT MENTAL ILLNESS?

TYPE: GROUP ACTIVITY

DURATION: 30–45 MINUTES (10 MINUTES FOR THE VIDEO AND 25 MINUTES FOR DISCUSSION)

KEY MESSAGE

That anyone can become mentally ill and why it's just as important to acknowledge as physical health problems.

LEARNING OUTCOME

For participants to reflect on how they feel about discussing mental health or asking for help.



ACTIVITY DIRECTIONS

Ted Talks are short, inspirational and easy to share digitally. You can ask participants to watch **this video** prior to a video call/virtual team meeting, or watch together via the facilitator screen-sharing during the meeting.

Begin this session by watching **Ruby Wax's Ted Talk**. The focus of this activity is to get people talking and the facilitator should look to foster an organic conversation. However, just in case people need prompting to engage, the following questions to the group might help to start that conversation up.

- What are the participants' thoughts about Ruby's message?
- What additional barriers might people face whilst working remotely that could stop them from talking about mental health or asking for help?
- What Challenges do people face when balancing work and life, particularly at the moment with so many of us working from home and facing additional challenges?
- What additional triggers might people be able to identify whilst working remotely which could have an impact on their own mental health.
- What support does the organisation offer to help employees balance their lives? *For example; what additional tools, support and advice might the organisation have made available for staff during lockdown, and how can staff fully utilise all available support.*

DIGITAL TOOLS AND PLATFORMS

Here you can find information on a number of digital tools and platforms to support your conversations around mental health whilst working remotely.

ZOOM

What is it?

Zoom is a video conferencing platform which allows users to also share content across a number of smart devices. It's a fantastic tool for hosting team meetings and events both internally and externally.

How can you use it?

Zoom also allows users to create breakout rooms, screen share and deliver presentations. Zoom offers both a free and paid-for service and more information on how to use the platform can be found **HERE**.

It's good to remember that tools like Zoom provide a good alternative in the absence of face-to-face communication, but remaining mindful of overuse whilst remote working – check out this article about how to manage '**Zoom fatigue**'. Ensure that all meetings are password protected and that you use a 'waiting room' to further increase the security of your calls.

INTERNAL SOCIAL PLATFORMS

What are they?

Many of us may not consider social media to be a work tool, or perhaps only when trying to reach an external audience, but platforms like Microsoft Teams, Slack, Flock and Workplace by Facebook have played an increasingly prominent role lately whilst many of us have been remote working.

How can you use them?

These are particularly useful for collating information and sharing news across smaller teams as well as across the wider organisation. Creating channels, such as a mental health and wellbeing channel, is an effective way for staff to access information, resources and even signpost to some of the activities listed above like This is Me, Personal Stories and Lunch and Learn recordings.

E-NEWSLETTERS



What are they?

A simple but effective solution to communicate with internal staff on a regular basis. While many organisations will be familiar with producing e-newsletters for external customers, they are a great way to share updates, events and news with staff. Scroll down to find our email template for WMHD 2020.

How can you use them?

Whilst working remotely it's important for employees to still feel connected to the organisation and any internal developments. They are a simple but effective way of promoting calendar events like WMHD 2020. Check out **this article** for some great ideas on creating an engaging internal newsletter.

INTRANET UPDATE AND TEMPLATE STAFF EMAIL

To the right is a brief update you can include on your organisation's intranet or Sharepoint site to introduce World Mental Health Day and encourage employees to get involved. If you are planning to run an event in your workplace you could also use this as an opportunity to promote your event too.

We also recommend sending a staff email from the most senior contact possible (perhaps whoever signed your organisation's Pledge or a senior champion for mental health and wellbeing) and preferably not in the HR team in order to break the subject of mental health out of the 'HR box.'

Regardless of how and from whom you distribute this copy, be sure to tailor it for your organisation.



YOU CAN TALK ABOUT MENTAL HEALTH AT WORK

Saturday 10 October 2020 marks World Mental Health Day.

At [Organisation Name], we know that it benefits all of us to talk about mental health..

[Reference any existing mental health initiatives currently being delivered. What work has been done to date in delivering your Time to Change Employer Action Plan? Or use this opportunity to highlight some of the successes of your Mental Health Awareness Week activity in May].

1 in 4 of us will experience mental health problems this year and having a colleague in your corner can make all the difference. That's why this World Mental Health Day we are delivering a series of events and activities to support your confidence in having conversations around mental health and build your understanding of mental health issues in and out of the workplace.

[Provide details of your activities and events].

There are, however, lots of different ways to have a conversation about mental health and you don't have to be an expert to talk. If you're unable to attend one of our events, why not visit **www.time-to-change.org.uk/asktwice** and find out how the simple act of asking twice can help support our conversations with friends and co-workers.

For more information and support around mental health, please visit the Mind **website** or check out Mind's Everyday Living Guide **here**, which contains information on online mental health.

[Sign off]

UTILISING DIGITAL ASSETS

This WMHD, utilising digital assets to help to raise awareness around mental health is more important than ever. With an increased reliance on digital communication, using digital assets this WMHD plays an important role in communicating to staff that awareness and open conversations around mental health are integral to addressing mental health stigma and support our wellbeing at work.

Whilst physical posters might not be possible this WMHD for many organisations, digital assets can play an equally important role in your organisation.

COMMUNICATING THE ASK TWICE MESSAGE

Time to Change have created a set of downloadable materials for use in the workplace. These will help to support you in spreading our key Ask Twice message across your organisation and raise awareness of mental health stigma.

VIDEO FOR SOCIAL CHANNELS AND PLASMA SCREENS

Our Ask Twice campaign video effectively and humorously illustrates the circumstances in which we will often assert that we're fine. Our downloadable video files are perfect for featuring on internal plasma screens and webpages:

Ask Twice Downloadable Video with Subtitles

Ask Twice Downloadable Social Media Video

Whilst our YouTube videos are a simple way to communicate the Ask Twice message on internal social media channels such as Slack or Facebook Workplace or for embedding on your intranet.

Ask Twice Campaign Video 1

Ask Twice Campaign Video 2



POSTERS

Our bright and visual posters are ready to be printed, either in the office or by a professional printer. They're perfect for staff rooms, common areas – even the back of toilet room doors! Find them **HERE**.





DESKTOP BACKGROUND / SCREENSAVER

A great way to share a message in an office is through an all-staff **desktop background**. It's the first thing people will see when they login in the morning and often one of the last things they will notice at the end of the day too.



SIGNPOSTS TO SUPPORT

It's great to start the conversation in your workplace and we hope that our campaign materials and ideas help you to do this. Sometimes this can mean that people currently experiencing mental health problems will need some support as sensitive conversations may bring up difficult things.

We would encourage you to highlight the support tools that you currently offer employees within your organisation but you may also like to use some of ours too so please feel free to use the below text or link to our **support page online**.

If you are experiencing mental health problems or need urgent support, there are lots of places you can go to for help. Time to Change is focusing on changing how we all think and act about mental health. We're not able to provide individual or emergency support for people in crisis, but there are lots of people who can. They are listed here:

MIND INFOLINE

Telephone: 0300 123 3393
(9am-5pm Monday to Friday)
Email: info@mind.org.uk

www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices.

The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy.

Mind also has a network of nearly 200 local Mind associations providing local services.

CORONAVIRUS AND YOUR WELLBEING

Telephone: 0300 123 3393

www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/

Mind have produced information and support related to Coronavirus, including coping as a key worker, coping with mental health problems and managing feeling during the easing of lockdown.





NHS SUPPORT FOR STAFF TACKLING COVID-19

Telephone: 0300 131 7000, open between 7am and 11pm every day
Text Service: Available 24/7 by texting FRONTLINE to 85258

The NHS has launched a mental health hotline as part of a package of measures to support the NHS' 1.4 million staff as they help people deal with the coronavirus. NHS staff will be able to call or text a free number staffed by thousands of specially trained volunteers, to receive support and advice for the pressures they face every day during the global health emergency. The volunteers will listen to NHS staff and give psychological support to those in need.

CALM (CAMPAIGN AGAINST LIVING MISERABLY)

Telephone: 0800 58 58 58
(Helpline, 5pm – Midnight, 7 days a week)
Email: info@thecalmzone.net

Website: www.thecalmzone.net

The Campaign Against Living Miserably is a charity which exists to prevent male suicide in the UK. They run a dedicated support line and online webchat for men who are experiencing emotional distress or who are in crisis. It also seeks to challenge a culture that prevents men from seeking help when they need it.

ELEFRIENDS

Website: www.elefriends.org.uk

Elefriends is a supportive online community where you can be yourself – run by **Mind**.

MENTAL HEALTH AT WORK

www.mentalhealthatwork.org.uk

The Mental Health at Work website contains a number of resources, toolkits, stories and blogs related to work and mental health. This includes a toolkit on supporting yourself and your colleagues through Coronavirus and isolation which you can access **HERE**.

RETHINK MENTAL ILLNESS ADVICE LINE

Telephone: 0300 5000 927
(10am-2pm Monday to Friday)
Email: info@rethink.org

www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff.

SAMARITANS

Telephone: 116 123 (Free 24 hours a day)
Email: jo@samaritans.org

www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide.

You can phone, email, write a letter or in most cases talk to someone face-to-face.

SANELINE

Telephone: 0845 767 8000 (6pm-11pm)

www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

YOUNG MINDS

Parents Helpline: 0808 802 5544

www.youngminds.org.uk

Young Minds is the UK's leading charity for children and young people's mental health.

On their website you will also find a Parents Helpline as well as Coronavirus advice and mental health support which you can find **HERE**.

IF YOU'RE A CARER NEEDING SUPPORT YOU CAN CONTACT ALL OF THE ABOVE AS WELL AS CARERS DIRECT AND THE PRINCESS ROYAL TRUST FOR CARERS, BOTH OF WHOM ARE ABLE TO PROVIDE SUPPORT AND ADVICE ON ANY ISSUES AFFECTING YOU.

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