

ESS MENTAL HEALTH SUPPORT

HEALTHIER MIND



We are always here to support you. If you have any questions on information contained in this booklet or would like to talk to someone, please reach out.

You can contact **Harjeet Moore**, Head of People on: **Harjeet.Moore@compass-group.co.uk** or scan the QR code.



FEELING LOW? DON'T KNOW WHO TO TURN TO?

Talking about your feelings can help us deal with difficult situations. By sharing how we feel, it might encourage someone else to open up and do the same.

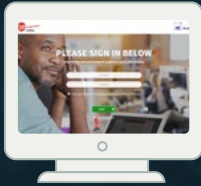
The first thing to remember is that **you are not alone**. Support is available if you're finding it hard to cope.

There are little things we can all do to help look after our mental health which help us relax, achieve more and enjoy our lives.

Learning to manage difficult feelings and develop coping strategies is important in maintaining good mental health.



AVAILABLE SUPPORT IN ESS:



EMPLOYEE ASSISTANCE PROGRAMME

- 24/7 counselling helpline and further online resources.
- Life Management telephone helpline providing access to support on a range of everyday matters, such as financial, legal, consumer, family care and housing issues.
- You can contact them 24/7 on: 0800 0727072 or visit:

www.axabesupported.co.uk
Username: **compassgroup**
Password: **supported**



YOU MATTER

- We have some great resources through our YOU MATTER campaign which can be found on the learning portal.
- Scan the QR code to head to the portal - make sure you are logged into Compass Connect first.





MENTAL HEALTH FIRST AID (MHFA)

- We have over 150 of our colleagues trained in MHFA. If you need someone to talk to, please reach out.
- Scan the QR code to head to the HSE website to see the full list of colleagues who are trained in MHFA. Make sure you are logged into Compass Connect first.



OTHER SERVICES:

SAMARITANS

- If you need someone to talk to, Samaritans are there to listen.
- Call them any time, day or night for FREE on 116 123.
- Sometimes writing down your thoughts and feelings can help you understand them better – jo@samaritans.org.
- Self-help app – Keep track of how you're feeling and get recommendations for things you can do to help yourself cope, feel better and stay safe in a crisis.

HELPLINES

- EAP, Axa Be Supported FREE phone service: 0800 0727 072.
- Mind Helpline: 0300 1233393.
- NHS 111 or visit your local A&E department.
- Shout: text 85258 or visit www.giveusashout.org.
- Togetherall – an online community where people support each other anonymously to improve mental health and wellbeing: www.togetherall.com.
- Side by Side – an online community where you can listen, share, and be heard: sidebyside.mind.org.uk.

MENTAL HEALTH UK

- Mental Health UK is a UK-wide charity to help everyone get the tools they need to live their best possible life. Their aim is to increase everyone's knowledge and understanding on how to protect and maintain mental health and deliver programmes that support people with complex mental health needs.
- Visit their website: mentalhealth-uk.org/.

RESOURCES TO SUPPORT MENTAL HEALTH AND WELLBEING

We have a number of useful resources that can be found on the HSE website, including:

Scan the QR code to get to the HSE website - make sure you are logged into Compass Connect!



HEALTHIER MIND NEWSLETTER

- We have a monthly Healthier Mind Newsletter which highlights who our newly trained mental health first aiders are each month, as well as hints, tips and resources to help you and your mental wellbeing.



MINDFUL MOMENTS AND TOOLBOX TALKS

- Our monthly Mindful Moments Toolbox Talks aim to highlight a specific topic that can impact mental health and provide tips and advice on how to manage or improve mental wellbeing.
- Mindful Moments Webinar on the fourth Wednesday of the month, we have an online open panel discussion linked with the Toolbox Talk topic. Catch up on previous months on our YouTube channel, just search 'We Are ESS'.



