

Mental Health and Well-being Pathways: How and where to get help and advice

Worried about your well-being?

Use active techniques to manage distress

- Use self-care resources: see Kwiki & Well-being Hubs for recommended apps, online and written resources
- [Employee Assistance Programme \(EAP\)](#) is available 24/7 for up to 6 confidential sessions of counselling or coaching around stress reduction, weight management, tobacco cessation, fitness, exercise, nutrition, and practical life concerns for you or a family member **T: 020 8987 6579**
- EAP user name: KCH / password: Employee

Speak with family, friends, peers, chaplaincy, GP or a professional

- Use free 7/7 **National Well-being Support Line T: 0300 131 7000** or text FRONTLINE to **85258**
- Contact [EAP](#) and your GP to talk through your situation & next steps
- Self-refer to your local [Increasing Access to Psychological Therapies \(IAPT\)](#) service for psychological support
- Self-refer or ask manager for an Occupational Health referral
- If distress is impacting your ability to remain in work, contact [REMPLOY](#) on T: **0300 456 8114** for advise and free support

Experiencing ongoing or higher levels of distress?

Have a pre-existing mental health problem and think you may be relapsing?

Revisit self-care resources and signposting to a range of services

- Look after the basics – sleep; diet; exercise; routine; connecting
- Contact your GP
- If under a mental health team, arrange a review
- Call 7/7 National Well-being Support Line **T: 0300 131 7000**
- Contact [EAP](#) to explore free counselling or coaching options
- Self-refer or ask manager for an Occupational Health referral
- If distress is impacting your ability to remain in work, contact [REMPLOY](#) **T: 0300 456 8114** for advise and free support

Worried about your coping responses, e.g. increased alcohol use, smoking?

Revisit self-care advice and resources

- Access information on Kwiki on how to contact local drug/ alcohol & smoking cessation services
- If worried about your own or someone else's drinking, call **Drinkline** the national free & confidential alcohol helpline **T: 0300 123 1110**
- Talk to your GP
- Contact [EAP](#) for help and signposting to local services
- Self-refer or ask manager for an Occupational Health referral

Get informed and mobilise support

- Look after the basics – sleep; diet; exercise; routine; connecting
- Get more information: Check out [Rethink](#), [MIND](#) and [RCPSYCH](#)
- See your GP
- Self-refer to your local [IAPT](#) service
- Call free 7/7 **National Well-being Support Line T: 0300 131 7000**
- Self-refer or ask manager for an Occupational Health referral
- [Contact EAP](#) for support or help signposting to local services

Concerned you are developing signs of a mental health problem?

Experiencing a mental health crisis but *know you can keep yourself safe?*

Tell someone - family, friend, work colleague, professional

- If you are under a mental health team - call them
- Self-refer or ask manager for an Occupational Health referral
- Get 24/7 help from a team of Crisis Volunteers at [Shout](#). Visit www.giveusashout.org or text 'Shout' to **85258**
- Call the **Samaritans** anytime **T: 116123**
- Call the **SLaM crisis line T: 0800 731 2864**
- The [Listening Place](#) provide counselling and support for severe distress and suicidal thoughts **T: 020 3906 7676**

If at home, ring 999

- Tell someone – family or friend to support you to get help

If at work, tell someone

- Attend psychiatry liaison team for immediate support
- **DH: Wifi phone 32565 or bleep 278**

If waiting for support or feel unsure what to do:

- Call the **Samaritans** anytime **T: 116123** or text 'Shout' to **85258**
- Call the **SLaM crisis line T: 0800 731 2864**
- Always go to A&E in an emergency

Experiencing a mental health crisis and *feel you can't keep yourself safe?*