



Sign Posting For Support

WE ARE **WELLBEING**

WELLBEING CHAMPIONS

Signposting Matix

Concern	Internal Signpost	Possible Outcome
Work-related stress	Line Manager	Reasonable Adjustments
Mental Ill Health	Employee Assistance Programme	Counselling Sessions
Wellbeing Advice	Employee Assistance Programme	Tips & Recommendations
Medical Advice	Private Medical / Health Cash Back	Physiotherapy / Blood Tests etc

Emotional Distress or Mental Health Crisis (Immediate)

Colleague is extremely emotional - may be in distress, unable to think rationally and you feel this person need immediate emotional support.

Local

National

Samaritans - 116 123

[Click Here](#)

24/7 listening support via email and phone call

Shout Crisis line – Text shout to 85258

[Click Here](#)

24/7 helpline, confidential free support line via text

C.A.L.M. (Campaign Against Living Miserably)

[Click Here](#)

www.thecalmzone.net - 0800 58 58 58 - A leading movement against suicide | Helpline and webchat – 7 hours a day, 7 days a week



Help with anxiety, low mood or depression (not immediate crisis)

Experiencing constant low mood, not finding enjoyment out of things they usually would.

Local

National

Qwell - Mental Wellbeing Advice – [Click Here](#)

Calm Zone - Anxiety – [Click Here](#)

Campaign Against Living Miserably (thecalmzone.net)

My Black Dog - My Black Dog [Click Here](#)

Free Online Mental Health Chat Support



Self Care tools to for emotional wellbeing

General advice on how to live a healthy, happy life.

Local

National

Selfcare Forum

[Click Here](#)

National self care charity forum

Action for Happiness

[Click Here](#)

Practical Responses for happier living

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Financial advice and worries.

Financial Wellbeing assistance.

Local

National

Step Change - StepChange Debt Charity

Free Expert Debt Advice

[Click Here](#)

National Debt Advisory

Debt Management

[Click Here](#)

National Debt Advisory

Citizens Advice

[Click Here](#)



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Physical Activity advice and assistance

Local

National

Active Partnership

[Click Here](#)

Sport & physical activity advice

Sport In Mind

[Click Here](#)

The UK mental health sports charity

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LGBT+ Support

Local

National

Stonewall

[Click Here](#)

Workplace LGBTQ+ support

LGBT Foundation

[Click Here](#)

National LGBTQ+ advice and support



Drug and Alcohol Addiction Support

Local

National

Action On Addiction [Click Here](#)

Addictions charity working across all areas of treatment, research, family support and professional education

Human Kind [Click Here](#)

Drug and alcohol recovery

Turning Point [Click Here](#)

Support for Families of Alcoholics & Drug Addicts

