

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: Kwiki & Well-being Hubs signpost to recommended apps, online and written resources.
- [Employee Assistance Programme \(EAP\)](#) (T: 020 8987 6579) 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.
- EAP user name: *KCH* / password: *Employee*

Talk honestly to family, colleagues, friends, chaplaincy, HCP's

- Check-in with staff in the Well-being Hubs for signposting.
- Use free 7/7 **National Well-being Support Line (T: 0300 131 7000)** or text FRONTLINE to **85258**).
- [Contact EAP](#) even for a one off session to talk through how you are feeling and next steps
- See your GP.
- You can self-refer to your local [Increasing Access to Psychological Therapies \(IAPT\)](#) service for psychological 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 and arrange a consultation.
- If you are under a mental health team, arrange a review.
- Call 7/7 National Well-being Support Line (T: 0300 131 7000).
- Self-refer or ask manager for an Occupational Health referral.
- [Contact EAP](#) to explore free counselling or coaching options.

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 (T: 0300 123 1110)** the national free & confidential alcohol helpline.
- Talk to your GP.
- Self-refer or ask manager for an Occupational Health referral.
- [Contact EAP](#) for help and signposting to local services.

Get informed and mobilise support

- Look after the basics – sleep; diet; exercise; routine; connecting.
- Get more information: Check out [Rethink](#), [MIND](#) and [RCPSYCH](#).
- Arrange an appointment with your GP.
- Consider self-referral 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.
- Talk to your manager for an Occupational Health referral.
- [Shout](#) is a crisis service for anyone. 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)**.
- Go to A&E if you are experiencing an emergency.

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