Specialist support, beyond the workplace.

Find the resources and help you need.

Mental health support resources

If you or a colleague are finding things difficult; you don't have to face it alone.

This guide brings together trusted resources for specialist advice and additional support that can help.

Remember: reaching out for support is a positive first step.

Contents

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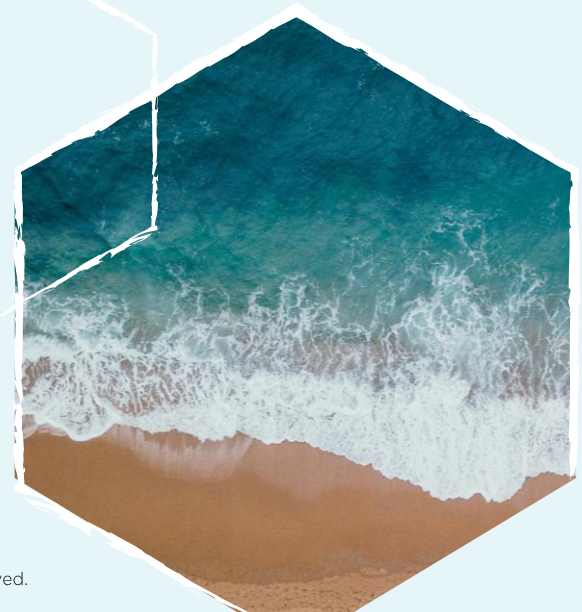
If someone is in **immediate danger** or you cannot keep yourself or someone else safe call **999.**

For **urgent mental health help** in England **call 111** and select the mental health option.

If you need someone to talk to **call Samaritans on 116 123** (or visit their website for online chat or branch location search for face-to-face services)



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Professional support

If you need expert advice or support, these trusted services can provide guidance, assessment and specialist help to connect you with the right care.

Professional support:	Best for:
NHS Talking Therapies	Accessing free, evidence-based support for anxiety, depression, stress, low mood and other common mental health concerns.
Your GP	Discussing mental or physical health concerns, exploring treatment options, and getting referrals to specialist services.
NHS 111 mental health option	Urgent mental health support and advice when you need help quickly but it's not an emergency.
Hub of Hope	Finding local mental health and wellbeing services in your area.
Citizens Advice	Free advice on debt, benefits, housing, employment and wider financial challenges.

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Wellbeing apps

These free apps offer practical ways to monitor your wellbeing, build resilience, improve mindfulness, and support your mental health every day.

Wellbeing apps:	Best for:
Moodflow	Tracking mood patterns, identifying triggers, and building self-awareness over time.
Daylio	Simple daily check-ins, mood tracking, and monitoring habits that affect wellbeing.
Clear Fear	Managing anxiety, worry, panic and anxious thoughts using practical techniques.
Insight Timer	Meditation, stress reduction, sleep support and creating moments of calm.
Medito	Free guided meditation, mindfulness and improving focus and resilience.
Finch	Building positive self-care habits through gentle daily goals and wellbeing activities.

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Charities and helplines

If you're looking for additional support outside of work, these trusted organisations and services can provide advice, guidance, and specialist help:

Charities and helplines:	Best for:
MIND	Mental health information, practical advice and signposting to support services.
Anxiety UK	Specialist support, resources and advice for anxiety-related challenges.
Cruse Bereavement	Coping with bereavement, grief and loss.
Samaritans	Talking confidentially to someone when you're struggling, overwhelmed or need emotional support.
SHOUT (text service)	Getting immediate support by text if you'd rather text than talk.
CALM	Support with feeling overwhelmed, struggling with life challenges, or preventing crisis situations.
National Debtline	Support with debt and money worries, including practical advice on managing finances and reducing financial stress.
Withyou	Free, confidential support with drugs, alcohol and mental health.
Beat	Free support for individuals or people affected by eating disorders
NSHN Forum	Supportive forum and information for those impacted by self-harm.

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NHS guide: 5 steps to wellbeing

The NHS 5 Steps to Wellbeing is an evidence-based framework designed to support positive mental wellbeing through simple, everyday actions. The guide encourages people to do these 5 things to help build resilience and maintain good mental health.

CONNECT with other people to:	• help you to build a sense of belonging and self-worth • give you an opportunity to share positive experiences • provide emotional support and allow you to support others
Be physically **ACTIVE** to:	• raise your self-esteem • help you to set goals or challenges and achieve them • cause chemical changes in your brain which can help to positively change your mood
Keep **LEARNING** new skills to:	• boost self-confidence and raise self-esteem • help you to build a sense of purpose • help you to connect with others
GIVE TO OTHERS to:	• create positive feelings and a sense of reward • give you a feeling of purpose and self-worth • help you connect with other people
Be **MINDFUL** in the present moment to:	• feel more able to choose how to respond to your thoughts and feelings • help you feel calmer and less stressed • become more self-aware

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Additional resources

If you'd like to explore mental wellbeing further, the resources below provide a range of perspectives, practical tools and personal insights. From powerful awareness videos to wellbeing planning tools, they can help build understanding, reduce stigma and support positive conversations about mental health.

From surviving to thriving

Video

Break the stigma

Video

I have a black dog (depression)

Video

Living with a black dog

Video

Schizophrenia and mental illness

Video

Wellness Action Plans

Document

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