

## Where to go for help

Lending an ear to someone at work who's in distress could be all they need to move forward. Or it could be a chat with their line manager to sort out work-related problems. However, if you think somebody needs more support, these signposts could help.

### Your local EAP provider:

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Your Employee Assistance Programme is open to all members of staff and is designed to help people with all kinds of practical and emotional issues such as Wellbeing, family matters, relationships, debt management, workplace issues, and much more.

### Your Occupational Health team:

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Your OH team's priority is your wellbeing at work. They can help support you accessing further services.

### Their Local GP

For many of us, our local GP practice is the first place we go when we're unwell (known as primary care). Your colleague's doctor is there to help them with their mental health as well as their physical health.

## Their Local IAPT Service

Improved Access to Psychological Therapies is an NHS service that provides talking therapies for common difficulties, like worry and low mood. People can self-refer to many IAPT services, or alternatively their GP can refer them. They can find their local IAPT through the NHS website:

[www.nhs.uk](http://www.nhs.uk)

### Directory for local services

You can search the NHS directory for local mental health support services through the NHS website:

[www.nhs.uk](http://www.nhs.uk)

### Samaritans:

**Tel: 116 123**

Samaritans offer a safe place for people to talk any time they like, in their own way – about whatever's getting to them. 24/7 support for people who are in despair or suicidal.

### Mind Infoline:

**Tel: 0300 123 3393 (or text 86463)**

Mind can provide information on a range of topics including types of mental health problem, where to get help, medication and alternative treatments.

### The Railway Mission

The Railway Mission is a Christian charity whose chaplains can provide a listening ear for anyone connected with UK rail. You can find contact details for your local chaplain at

[www.railwaymission.org](http://www.railwaymission.org)