

### Adult Mental Health

Whether adults are at home alone or with family, working remotely whilst supporting the learning of their children or still providing essential services in a workplace, looking after our own mental health and well-being is essential.

We all need support or someone to talk to sometime and these resources may help you:

Source of Support Organisation/ Charity	Contact details	Additional Information
Samaritans	Call 116 123 <a href="mailto:jo@samaritans.org">jo@samaritans.org</a> <a href="http://www.samaritans.org">www.samaritans.org</a>	24/7 confidential listening service
Saneline	Call 0300 304 7000	4.30pm-10.30pm 7 days a week Out of hours mental health and emotional support and information
The Helplines Partnership	<a href="http://www.helplines.org">www.helplines.org</a>	A comprehensive listing of organisations in the UK that provide helplines, searchable by topic.
SHOUT	Text SHOUT to 85258	The service is free on most networks and available 24/7. Trained volunteers will listen to you, and work with to help you take the next steps towards feeling better.
Employee Assist Programme	Your workplace and/ or Union may have an Employee Assist Programme which your Manager will be able to signpost you to.	
NHS	<a href="https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/">https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/</a>	A set of free self-help audio guides on different topics such as Anxiety, low mood, sleep and unhelpful thinking. There are also links to other sources of support.
Action for Happiness	<a href="http://www.actionforhappiness.org">www.actionforhappiness.org</a>	A website of free resources to support wellness and well-being including the famous calendars <a href="https://www.actionforhappiness.org/calendars">https://www.actionforhappiness.org/calendars</a> which give ideas to make small changes to our own and others' lives.



**MHFA England**

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