

Helplines

We all need a little help sometimes...

Alcohol

Visit www.nhs.uk/conditions/alcohol-misuse or www.aamail.org

Call: 0800 9177650

Email: help@aamail.org

Mental Health

Visit:

CiC – Employee Assistance Programme

Freephone number 0800 085 1376

24 hours a day, 365 days a year

Your Well Online Access details are as follows:

Website: www.well-online.co.uk

Username: numatic

Password: wellbeing

MIND for help and advice:

Email: info@southsomersetmind.co.uk

Call: 01823 276892

Samaritans for help and support:

Email: jo@samaritans.org

Call: 116 123 (freephone day or night)

Refuge

Domestic Violence Helpline

Call: 0808 2000 247

Smoking

For support to stop smoking, contact your local Support to Stop Advisor at your local GP's surgery. For further information, visit the local council's website:

www.somerset.gov.uk or <http://smokefree.nhs.uk>

Drugs

Visit the Alcohol & Drugs Policy on the Company Intranet and www.nhs.uk/Livewell/drugs

Call the Frank helpline on 0300 123 6600 or Text 82111 for more information about drugs and the different options available for help and support. The confidential helpline is open 24 hours every day.

Counselling

Counselling can be accessed via your GP or through voluntary organisations such as:

Relate for relationship problems:

Website: www.relate.org.uk

Cruse support with Bereavement:

Website: www.crusebereavementcare.org.uk

Call: 0808 808 1677

Marie Curie care and support through terminal illness:

Website: www.mariecurie.org.uk

Call: 0800 090 2309

Modern Slavery

Is closer than you think. Victims can be exploited in Labour, Prostitution and Domestic Work – If you are a victim or know someone who might be, visit modernslavery.co.uk or call the helpline 0800 0121 700

Exercise

Visit: www.nhs.uk/LiveWell/Fitness/Pages/Fitnesshome.aspx or your local council's website for information on active lifestyles.

We also have special rates with 1610 in Chard who offer discounted memberships for Numatic Employees, visit www.1610.org.uk