**STAFF: External emotional wellbeing and mental health support**

**Care First Lifestyle**

If you feel it is not appropriate to discuss your emotional wellbeing or mental health with your line manager, as an employer we subscribe to an employee wellbeing support scheme (Care First Lifestyle).   There are a number of options available including telephone support and advice, one-to-one and group counselling sessions on any work, personal or family issues and lots of useful links to information about mental health.  This service is, of course, entirely confidential and if you feel that you need to access these services, you can be assured that the school will not be notified.

[www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk)

Username – Bexsch19

Password - employee

Call: 0808 168 2143

**General Mental Health – information and advice:**

**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

Mind Infoline: 0300 123 3393

Text: 86463

Email: [info@mind.org.uk](mailto:info@mind.org.uk)

**Time to Change**

Tackles the stigma of mental health, also works with schools and employers to end mental health discrimination

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

**Live it Well**

[www.liveitwell.org.uk](http://www.liveitwell.org.uk)

24-hour Mental Health Helpline: 0800 107 0160

**Rethink Mental Illness**

Helpline: 0300 5000 927

Email: [advice@rethink.org](mailto:advice@rethink.org)

Advice pages: [www.rethink.org/advice](http://www.rethink.org/advice)

**Samaritans**

A free, confidential telephone counselling service aimed at providing emotional support to help anyone in emotional distress or struggling to cope.

[www.samaritans.org.uk](http://www.samaritans.org.uk)

Free helpline: 116 123

Text: 07725 90 90 90

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

**Specific Mental Health conditions – information and advice:**

**Eating Disorders**

**Beat**

Charity supporting anyone affected by eating disorders, anorexia, bulimia or any other difficulties with food, weight and shape.

[www.b-eat.co.uk](http://www.b-eat.co.uk)

Youthline: 0345 6347650

**Self-harm**

**Self-Harm UK**

National self-harm network dedicated to self-harm recovery and support.

[www.selfharm.co.uk](http://www.selfharm.co.uk)

Email: [info@selfharm.co.uk](mailto:info@selfharm.co.uk)

**TESS / Self-Injury Support**

Support for women and girls; resources and training for all.

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

Helpline: 0808 800 8088

Text: 0780 047 2908

**Anxiety and Depression**

**Anxiety UK**

Dealing with all different forms of anxiety and what leads to it, a support network offering advice for overcoming anxiety.

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Infoline: 03444 775 774

Text service: 07537 416 905

Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)

**Depression UK**

A national self-help organisation helping people cope with their depression.

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

Email: [info@depressionuk.org](mailto:info@depressionuk.org)

**OCD**

**OCD UK**

Guiding anyone who is affected by Obsessive Compulsive Disorder.

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

Support line: 03332 127 890

**Learning Disabilities**

**Respond**

Helping to lessen the effect of trauma and abuse on people with learning disabilities, through providing psychotherapy for people with learning disabilities and advice and support for staff and families.

[www.respond.org.uk](http://www.respond.org.uk)

**The Judith Trust**

Closing the gap for all those with learning difficulties and mental ill-health.

[www.thejudithtrust.org.uk](http://www.thejudithtrust.org.uk)

Call: 020 7266 1073

Email: [info@thejudithtrust.org.uk](mailto:info@thejudithtrust.org.uk)

**ADHD**

**ADDISS**

ADHD Information Services

[www.addiss.co.uk](http://www.addiss.co.uk)

Call: 020 8952 2800

**Bereavement**

**Winston’s Wish**

Support for bereaved children to make sense of death and rebuild their lives.

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

Helpline: 08088 020 021

**Grief Encounter**

Supporting bereaved children and young people. Online chat option.

<https://www.griefencounter.org.uk/>

Helpline: Grieftalk 0808 802 0111

Email: [grieftalk@griefencounter.org.uk](mailto:grieftalk@griefencounter.org.uk)

**Addiction**

**Nacoa**

The National Association for Children of Alcoholics – providing information, advice and support for everyone affected by a parent’s drinking.

[www.nacoa.org.uk](http://www.nacoa.org.uk)

Helpline: 0800 358 3456

Email: [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk)

**FRANK**

A national drug education service which offers confidential information and advice for anyone concerned about drug or solvent misuse.

[www.talktofrank.com](http://www.talktofrank.com)

Call: 0300 123 6600

Text: 2111

**Rape and Sexual Abuse:**

**RASASC** (Rape & sexual abuse)

[www.rasasc.org.uk](http://www.rasasc.org.uk)

Helpline: 0808 802 9999

**Family Matters** (Rape & sexual abuse)

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

Helpline: 01474 537392

**Equality and Diversity:**

**Metro**

Embracing difference. The provision of health, community and youth services across London and the South East.

www.metrocharity.org.uk

**Stonewall**

Campaigning for the equality of lesbian, gay, bi and trans people across Britain.

[www.stonewall.org.uk](http://www.stonewall.org.uk)

Freephone: 0800 050 20 20

**Local Services**

**Mind in Bexley Crisis Café**

Mental health crisis support for over-18’s, drop-in café.

[www.mindinbexley.org.uk/crisis-cafe/](http://www.mindinbexley.org.uk/crisis-cafe/)

**South London Counselling Services (SLCS)**

A voluntary charitable company providing impartial and confidential services in guidance and free therapeutic counselling services for children, young people and adults.

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

Call: 020 8852 3400