



Your Mental Health

Employee Support Information Leaflet

Support & Advice

I NEED HELP NOW!



C.A.L.L (Community Advice & Listening Line)

This free confidential helpline service is available 24 hours a day, 7 days a week, 365 days of the year and offers emotional health advice and support to anyone concerned about their own mental health, or that of a relative or friend. **0800 132 737**, www.callhelpline.org.uk.

MIND

www.mindpembrokeshire.org.uk provide advice and support to empower anyone experiencing a mental health problem. They also provide a wealth of resources and information on their website including how to get advice when you need urgent help.



Pembrokeshire
Sir Benfro

Samaritans

www.samaritans.org.uk / **08457 90 90 90** the Samaritans 24 hour helpline offers a safe place for you to talk any time you like, in your own way – about whatever's getting to you.



Education Support Partnership

(Education staff only)

0800 0562561 / www.educationsupport.org.uk

24/7 service for education staff. Trained counsellors will listen to you without judgement and will help you think through the problems you are facing, whether personal or professional, to find a way forwards and feel better.

Self-care for Emotional Health



Apps & Blogs

There are many wellbeing apps available that are easy and free to access throughout the day and night.

These are some examples of NHS endorsed apps for mental health and wellbeing. All are available via the app store and are free. Try a few and find one that works for you.

Thrive

Use games to track your mood and teach yourself methods to take control of stress and anxiety. **(FREE)**



My Possible Self : Mental Health App

Learn how to manage fear, anxiety and stress and tackle unhelpful thinking. **(FREE)**



Calm Harm

Reduce urges to self-harm and manage emotions in a more positive way. **(FREE)**



DistrACT

Quick and discreet access to information and advice about self-harm and suicidal thoughts. **(FREE)**



Big White Wall

Get round-the-clock support from therapists to help you cope with stress anxiety **(FREE)**

BIG WHITE WALL®

Information about a condition or diagnosis

NHS Choices

NHS choices www.nhs.uk offers a wide range of information about diagnoses, treatments and information.



Mental Health Foundation

Mental health foundation's mission is to help people understand, protect and sustain their mental health www.mentalhealth.org.uk

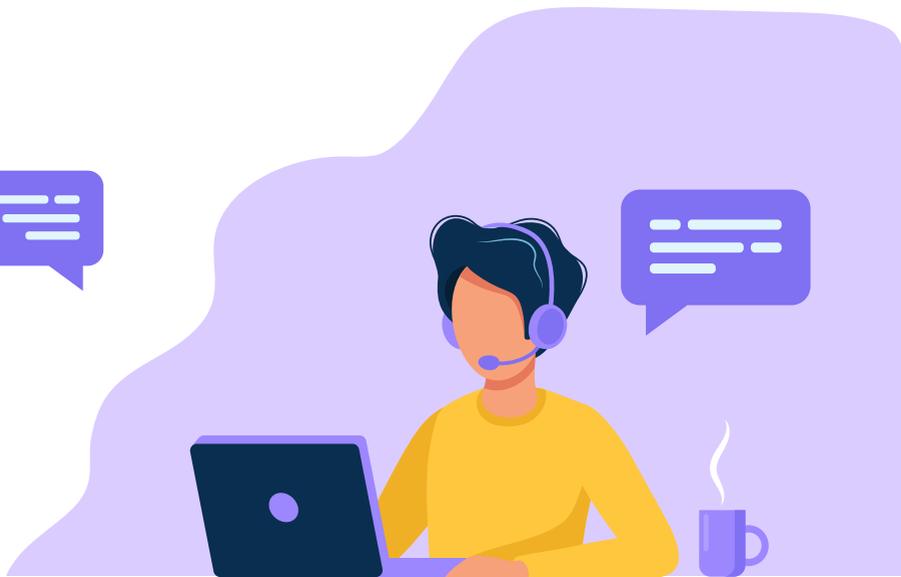


MIND

If you've just been diagnosed with a mental health problem you might be looking for information on your diagnosis, treatment options and where to go for support. MIND's information pages will help you learn more:



www.mind.org.uk/information-support



Support with your mental health



Courses in Pembrokeshire

There are a range of courses to help with your mental health and wellbeing.

IAWN

IAWN is run by Hywel Dda NHS board and aims to provide easily accessible online resources and information on mental health issues to enable people to self-help and know where to access further support should they need it. The courses below can be booked by calling **01437 834429 / iawn.wales.nhs.uk/home**.

Stress Control

Stress Control is a four session course. It is for people who want to learn better ways to get on top of their problems such as depression, anxiety, panic, poor sleep and low self-confidence. Stress Control is a class and not group therapy so you don't have to talk about your problems. You just need to turn up, sit back and learn some great ways to control stress. Contact 01437 834 429 or your GP for further advice or information.

ACTivate your life

ACTivate Your Life is a psychology course that will help you to understand yourself better, and to understand your mind. The course is based on a relatively new approach to therapy – Acceptance and Commitment Therapy (ACT). ACT helps people to overcome their suffering using 'mindfulness' and by helping you to understand how to live in accordance with your own important values. The course is all about having a better life. Contact 01437 834 429 or your GP for further advice or information.



Counselling



Counselling is a talking therapy that involves a trained therapist listening to you and helping you find ways to deal with emotional issues.

Counselling can help you cope with:

- a mental health condition, such as depression, anxiety or an eating disorder
- a difficult life event, such as a bereavement, a relationship breakdown or work-related stress
- difficult emotions – for example, low self-esteem or anger

What to expect from counselling

At your appointment, you'll be encouraged to talk about your feelings and emotions with a trained therapist, who'll listen and support you without judging or criticising. The therapist can help you gain a better understanding of your feelings and thought processes, and find your own solutions to problems. But they won't usually give advice or tell you what to do.

If you or your GP feel that you would benefit from face to face counselling, he/ she may refer you for this via the NHS. Other options include:

Pembrokeshire Counselling Service

Free confidential Counselling for people living in Pembrokeshire. An independent charitable organisation working to professional recognised standards **01437 768708** pembrokeshirecounsellingservice.org.



Adlerian Society of Wales

Adlerian Society of Wales **01834 860330** Adlerian Counsellors are trained to work sensitively with you at your own pace in a confidential non-judgemental way www.adleriansocietywales.org.uk.



Additional Support Services Available

Get the Boys a Lift

Get the Boys a Lift (GTBAL) are a non-for-profit community interest organisation currently working to better improve mental health within communities. Located in Haverfordwest, GTBAL provide a place for people to access support, through drop in days as well as **creating a community environment** through good coffee and a place to purchase merchandise to fund their counselling and outreach work.

For more information, follow the Facebook page.

Debt

Citizens advice 0844 4772020 / www.citizensadvice.org.uk

Have dedicated debt and money pages, which will give you the information you need to make the right choices, including help to deal with your debt problems, arrears, budgeting etc.

**citizens
advice**

Step Change

Step Change also provide free debt advice and budgeting tools to help with your financial situation.

0800 138 1111 / www.stepchange.org.uk

StepChange
Debt Charity

Domestic abuse and sexual violence

Live fear free - Providing help and advice about violence against women, domestic abuse and sexual violence.

gov.wales/live-fear-free / 0808 0562 561



DDAS/barod

(Dyfed Drug and Alcohol Advisory service) is the first point of contact for any adult over the age of 18 with a drug or alcohol problem in Dyfed. DDAS covers the counties of Pembrokeshire, Carmarthenshire and Ceredigion and supports service users who have drug and/or alcohol problems themselves or who are concerned about someone else's drug and/or alcohol use.

DDAS offer an initial assessment and can deliver brief interventions.

E mail: confidential@d-das.co.uk

DDAS - Dyfed Drug and Alcohol Service - Barod

Phone: **03303 639 997**



Carer support

hafal

www.crossroadsmww.org.uk Hafal Crossroads is a registered charity providing practical support, information and assistance to unpaid carers of all ages and the people they care for. Their core service is the provision of respite care at home, to give Carers a break and provide the people they care for with a change of company

01437 764639.

Bereavement support

CRUSE offer support, advice and information to children, young people and adults when someone dies.

0808 808 1677 / 0800 288 4700

www.cruse.org.uk.



Paul Sartori

paulsartori.org / 01437 763223 Paul Sartori Hospice at Home is a registered charity offering free specialised, supportive care and advice for those in the later stages of any life-limiting illness



5 Ways to Well-Being

ACTIVE

Being active is not only great for your physical health and fitness - evidence also shows it can also improve your mental wellbeing by:

- Raising your self-esteem
- Helping you to set goals or challenges and achieve them
- Causing chemical changes in your brain which can help to positively change your mood

How can I do it?

Pembrokeshire County Councils Leisure centres offer a reduced Corporate rate for staff. Find out more at pembrokeshire.gov.uk/leisure-getting-started or via the intranet. Fresh air is free – enjoy our beautiful County by joining a walking group

GIVE

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- Creating positive feelings and a sense of reward
- Giving you a feeling of purpose and self-worth
- Helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

How can I do it?

Make a small step that goes a long way – help a neighbour or friend, do something for someone you care about. PAVS' Volunteering Pembrokeshire service offers up-to-date information, advice and guidance to people who are looking for volunteering opportunities www.pavs.org.uk/volunteering/index.htm.

CONNECT

Good relationships are important for your mental wellbeing. They can:

- 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

How can I do it?

There are lots of things you could try to help build stronger and closer relationship. This could include reconnecting with people already in your life, by focussing more on building a stronger relationship. If you are looking for a new connection, look for group that might suit you – Mens shed, WI, Knit and Natter or a book club.

LEARN

Research shows that learning new skills can also improve your mental wellbeing by:

- Boosting self-confidence and raising self-esteem
- Helping you to build a sense of purpose
- Helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.

How can I do it?

Learning Pembrokeshire provide over 100 courses across the County ranging from IT skills to painting, cookery and photography.

www.pembrokeshire.gov.uk/search-for-a-course

Don't fancy a class? Try some online learning or look out for a book on an interesting topic that you'd like to find more about – from origami to yoga to researching your family tree – there's something out there for everyone!

TAKE NOTICE

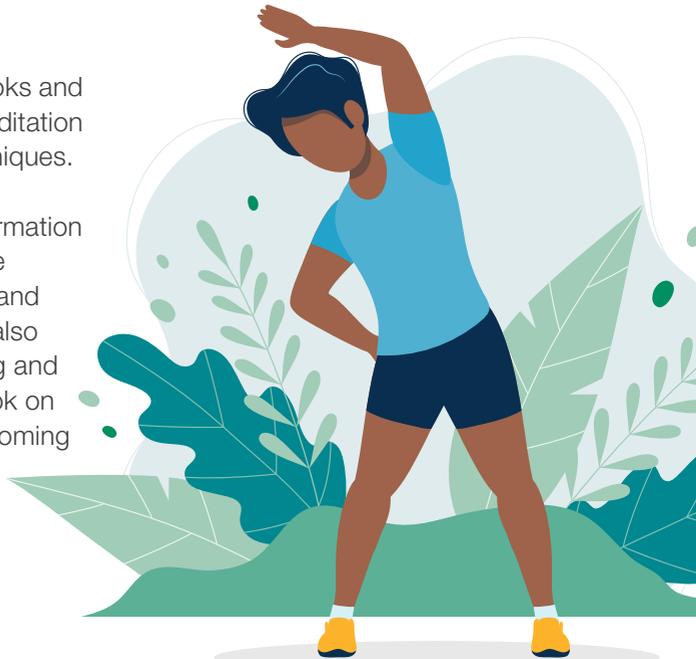
Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness “mindfulness”. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

How can I do it?

There are a wealth of books and apps for mindfulness, meditation and anxiety control techniques.

There is more useful information about Mindfulness on the [NHS choices](#) web-page and a mindfulness course is also available through learning and development – take a look on the intranet page for upcoming dates.





Provided by Pembrokeshire County Council