



# How Are You Feeling?

I'm OK and want to stay that way	I'm not OK and I'd like some support	I need urgent help now
<p><b>Websites</b></p> <ul style="list-style-type: none"> <li>• Colleague Wellbeing and Support intranet pages (including personal resilience leaflet)</li> <li>• SomersetEmotionalWellbeing.org</li> <li>• www.people.nhs.uk – Digital resources, wellbeing guides, health and wellbeing training events and podcasts.</li> <li>• www.llttf.com</li> <li>• www.mind.org.uk</li> <li>• www.nhs.uk/every-mind-matters/</li> <li>• BBC Mental Health Toolkit</li> <li>• www.sleepstation.org.uk/key-workers/</li> </ul> <p><b>Books</b></p> <ul style="list-style-type: none"> <li>• The Happiness Trap – Russ Harris</li> <li>• Reasons to Stay Alive – Matt Haig</li> <li>• The Recovery Letters – Olivia Sagan</li> <li>• See more at: <a href="http://www.nhs.uk/appslibrary/category/mental-health/">www.nhs.uk/appslibrary/category/mental-health/</a></li> </ul> <p><b>Apps</b></p> <ul style="list-style-type: none"> <li>• Catch It</li> <li>• Chill Panda</li> <li>• Cove</li> <li>• distrACT</li> <li>• eQuoo</li> <li>• Headspace</li> <li>• ShinyMind</li> </ul> <p>See up-to-date list on intranet</p>	<p><b>Your support networks:</b></p> <ul style="list-style-type: none"> <li>• Friends</li> <li>• Family</li> <li>• Colleagues</li> <li>• Local community</li> <li>• Pastoral support</li> </ul> <p><b>Organisational support (See intranet for contacts):</b></p> <ul style="list-style-type: none"> <li>• Your line manager</li> <li>• People partners (HR advisors)</li> <li>• Freedom to Speak up Guardians</li> <li>• Wellbeing team</li> <li>• NHS coaches</li> </ul> <p><b>Helplines</b></p> <ul style="list-style-type: none"> <li>• Colleague Support Service support line available Mon-Sun 9am-5pm, 0300 124 5595 or <a href="mailto:colleaguesupport@somersetft.nhs.uk">colleaguesupport@somersetft.nhs.uk</a></li> <li>• Employee Assistance Programme 0800 032 9857</li> <li>• NHS National staff support line 0800 069 6222</li> <li>• or text FRONTLINE to 85258 for support</li> <li>• Your GP</li> </ul> <p><b>Formal support</b></p> <ul style="list-style-type: none"> <li>• Self Refer to Talking Therapies via <a href="http://www.somersetft.nhs.uk/somerset-talking-therapies/refer-yourself/">www.somersetft.nhs.uk/somerset-talking-therapies/refer-yourself/</a></li> </ul>	<p><b>If you are worried about your own or someone else's safety or need urgent support you can</b></p> <ul style="list-style-type: none"> <li>• Call 999 or your GP</li> <li>• Call Mindline Somerset on 01823 276 892, 24 hours a day, 7 days a week or email: <a href="mailto:support@openmentalhealth.org.uk">support@openmentalhealth.org.uk</a></li> <li>• Call Samaritans 116 123</li> <li>• Call Papyrus 0800 068 4141</li> <li>• Call NHS 111</li> <li>• Present at your local emergency department or Crisis Safe Space (for details of your nearest one, please see Mindline Somerset website or call 01823 276892)</li> </ul> <div data-bbox="1462 932 2029 1398" style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p> <b>Somerset Emotional Wellbeing</b></p> <p>A dedicated online resource providing emotional support for all health and care colleagues and volunteers in Somerset.</p> <p><a href="http://www.somersetemotionalwellbeing.org">www.somersetemotionalwellbeing.org</a></p> <p><b>0300 124 5595</b></p>  </div>