

November 2020

Dear Employer

We are aware this time has been difficult for everyone including businesses, particularly when they are considering difficult decisions such as making staff redundant. We are working really hard across Gloucestershire to ensure that mental wellbeing is supported as much as possible during this difficult time.

Therefore, we wanted to reach out and ensure you were aware of the following support services that you could share with your staff teams, who may be struggling with their wellbeing through issues related to job loss or having their income reduced. Hopefully this will help them to feel more in control and supported to take steps to improve their situation.

Further information on looking after your wellbeing can also be found on the County Council website www.gloucestershire.gov.uk/covid-19-information-and-advice/advice-on-covid-19/looking-after-your-wellbeing/

Best wishes



Director of Public Health, Gloucestershire County Council

Prepared in conjunction with the multi-agency Workforce Wellbeing Group
Sub-Group of the Mental Health and Wellbeing Cell responding to Covid-19

Local Services supporting Mental Wellbeing

Community Advice, Links, Mental Health Support (CALMHS)

Tel: 0345 8638323, 01452 317460, Text: 07812 067087

www.independencetrust.co.uk/CALMHS/about

- Offering those with moderate to severe mental ill health 1:1 support, personal support plans and signposting to other services
- Phone, video call, text or email
- Accepting referrals for anyone over 18 living in Gloucestershire and registered with a Gloucestershire GP

Community Wellbeing Service

- Connecting people to local services, organisations and groups that can help improve general wellbeing and meet wider social needs
- For anyone over 16 living in Gloucestershire or registered with a Gloucestershire GP
 - Cheltenham & Tewkesbury - 0300 365 6463
 - Cotswold - 01452 528491
 - Gloucester - 0300 131 0024
 - Forest of Dean - 01594 812447
 - Stroud & Berkeley Vale - 0345 863 8323

Crisis Resolution and Home Treatment Team

Tel: 0800 169 0398, (If immediate danger to life call 999)

www.ghc.nhs.uk/our-teams-and-services/crhtt/

- For 11 year olds and up (For children under 11 years old the GP should be contacted or 111/999 out of hours 24 hours a day, 7 days a week)
- For those with mental health conditions or experiencing emotional and psychological distress

Gloucestershire Self Harm Helpline

Tel: 0808 801 0606 Text: 07537 410 022

www.gloucestershireselfharm.org/

- Gloucestershire Self Harm Helpline provides a safe, supportive, non-judgmental and informative space for people who self harm, their friends, families and carers They also speak to professionals who may want to know more about self harm
- The service is able to support anyone living within Gloucestershire
- Contact the service by telephone, text or webchat, every day from 5pm to 10pm

IAPT (Improving Access to Psychological Therapies) – Let’s Talk

Tel: 0800 073 2200, www.ghc.nhs.uk/our-teams-and-services/letstalk/

- The service provides support for mental health conditions, such as depression, anxiety, Post-traumatic stress disorder (PTSD), Obsessive compulsive disorder (OCD) and phobias

Kooth

www.kooth.com

- Online anonymous counselling for young people aged between 11-18 years old
- Access to self-care resources and peer support via online forums
- Open Access

Qwell

www.qwell.io

- Online anonymous counselling for adults
- Access to self-care resources and peer support via online forums
- Register under ‘Gloucestershire adults’
- Open access

Financial and Employment support

North & West Gloucestershire Citizens Advice (Gloucester, Cheltenham, Tewkesbury and Forest of Dean)

Tel: 01452 527202 Email: info@gloscab.org.uk

www.gloscab.org.uk/get-advice/

Stroud and Cotswold Districts Citizens Advice

Tel: Stroud District: 0808 800 0510 Cotswold District: 0808 800 0511

www.citizensadvice-stroudandcotswold.org.uk/index.php

- Citizens Advice can provide free, confidential and impartial advice
- Their goal is to help everyone find a way forward, whatever problem they face

Forwards Employment Service

Tel: 07825 024692, 01452 529663, contact Kirsten Smart, Assistant Manager

Email: forwards@gloucestershire.gov.uk

- Forwards are an all age, all disability employment service
- Forwards can help with benefits, sourcing employment, guidance and advice, job coaching in work etc.

Going the Extra Mile - GEM

- The GEM Project aims to engage with and support individuals within Gloucestershire who are currently dealing with circumstances that are potentially causing barriers to work and move these people closer towards education, training, volunteering or work, including self-employment
- The GEM Project reconnects people with local services and ultimately help them achieve their desired outcome, whether through working or an educational related route
- To find out more, including eligibility criteria: www.glosgem.org

Job Help by Jobcentre Plus

www.jobhelp.campaign.gov.uk/

- Search for jobs, find advice on applying and find resources and advice on what to do in the event of redundancy

National Careers Service

Tel: 0800 100 900

www.nationalcareers.service.gov.uk/

- The National Careers Service offers free and impartial information, advice and guidance to help you with your decisions about careers, courses and work
- The service is available to people who live in England and is supported by qualified careers advisers

National Debtline

Tel: 0808 808 4000

www.nationaldebtline.org/EW/Pages/contactus/debtadvice.aspx#

- National Debtline is a charity which gives free and independent advice over the phone and online
- Fact sheets and a free web chat with advisers are also available on the website

Other mental health support

Campaign Against Living Miserably (CALM)

Tel: 0800 58 58 58, www.thecalmzone.net/

A leading movement against suicide

- Helpline and webchat – 7 hours a day, 7 days a week

Samaritans

Tel: 116 123, Email: jo@samaritans.org

www.samaritans.org/

- 24/7 listening support via email and phone

Shout

Text 'Shout' to 85258

- Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in mental health crisis anytime, anywhere

Stay Alive App

www.prevent-suicide.org.uk/find-help-now/stay-alive-app/

- An app for those at risk of suicide or those worried about someone else

Covid-19 and Mental Health and Wellbeing websites

Coronavirus and your wellbeing - Mind

www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

Guidance for the public on the mental health and wellbeing aspects of coronavirus (COVID-19)

<https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19#additional-advice-for-groups-with-specific-mental-health-needs>

Living with worry and anxiety amidst global uncertainty

www.talk2gether.nhs.uk/wp-content/uploads/2020/03/Guide-to-Living-with-Worry-and-Uncertainty-in-Global-Crisis.pdf

Mental health tips - Mental Health Foundation

www.mentalhealth.org.uk/looking-after-your-mental-health-during-coronavirus-outbreak

Resources for employers to support staff with their mental health and wellbeing

<http://hwglos.org/resources/mental-wellbeing-stress-reduction/>