

# Self-help resources for employees



## 1. Accessing psychological support

### **Improving Access to Psychological Therapy (IAPT)**

This is an NHS service and each locality has its own psychological therapy team providing a range of services. You can usually access these by phoning or completing an online form. Your GP may provide you with contact details but you are able to make contact yourself. Services vary from area to area but might include support to complete an online Cognitive Behavioural Therapy (CBT) course, telephone CBT sessions, group education sessions or face to face psychological support. <https://www.nhs.uk/mental-health/advice-for-life-situations-and-events/where-to-get-urgent-help-for-mental-health/>

### **Low cost counselling or CBT**

If you are unable to access psychological support via the NHS or the waiting list is too long, it is worth exploring whether low cost counselling is available in your area. Google – 'low cost counselling/CBT + (your area)'. It is important to check that the therapists are properly trained. Counsellors should ideally be accredited by British Association of Counsellors and Psychotherapists: <http://www.bacp.co.uk/accreditation/>

CBT practitioners by British Association for Behavioural and Cognitive psychotherapies <http://www.babcp.com>

### **Online support**

**Relationship counselling:** Relate offer a free live chat service. They provide a confidential 25 minute session. If you need further help beyond this they will signpost you to other appropriate services – <https://www.relate.org.uk/relationship-help/talk-someone/live-chat-counsellor>

**Plus Guidance** provide an online therapy platform – <https://plusguidance.com/>

**Living Life to the Full:** free online CBT courses covering a range of health issues – <http://www.lttf.com/>



## 2. Self-help resources

### Get Self Help Website

CBT has been proven to help mental health problems. This website provides CBT self-help and therapy resources, including worksheets, information sheets and self-help mp3s. <https://www.getselfhelp.co.uk/>

### Mind

Nationwide mental health charity. As with the IAPT services, Mind groups offer different services across the country. Look at your local Mind website online to find out what they offer. Some offer low cost counselling support or more general support groups as well as specific help for mental ill health issues, due to the Covid-19 Pandemic. <https://www.mind.org.uk/>

### Mental Health Foundation

Their site has a lot of useful information that can help demystify mental health issues. They also provide some very useful podcasts and videos covering a variety of topics. <https://www.mentalhealth.org.uk/podcasts-and-videos>

Find out how to get help if you or someone you know is a victim of domestic abuse. <https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### National Debtline

<http://www.nationaldebtline.org>

### SHOUT

Text Shout to 85258

<http://www.giveusashout.org>

Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Telephone: 0808 808 4000 Monday to Friday, 9am to 8pm – Saturday, 9:30am to 1pm

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## 3. Other resources

### For support in emotional, care and financial needs

#### Macmillan

Help and support for cancer sufferers and their families. Can enable counselling and also some financial advice and assistance. <https://www.macmillan.org.uk/>

#### Citizens Advice Bureau

Multi faceted local provision for financial and legal advice in many situations including debt and relationship breakdown, housing issues etc. <https://www.citizensadvice.org.uk/>

#### Cruse

Bereavement support for partners and families. <http://cruse.org.uk>

#### Alcoholics Anonymous

Support for alcohol dependency issues. Tel 0800 9177650 or email <https://www.aa.org/>

#### Adfam

Support for families affected by alcohol or drug misuse. <http://adfam.org.uk>

#### Gamcare

Support for people affected by gambling addictions. <http://www.gamcare.org.uk>

#### Samaritans

Confidential access to talking and listening advice 24 hours a day. <https://www.samaritans.org/how-we-can-help-you/contact-us>

Free phone 116 123

