

## EXAMPLE

# Workplace Wellbeing

We care about your mental wellbeing and are here to support you.

## For Everyone

Everyone is different, if you don't feel comfortable speaking to someone in the organisation, you can speak to the following organisations for help and support:

**The Samaritans - 116 123** (Available 24 hrs 7 days a week)

**Mind- 0300 123 3393** or text **86463** (Available Mon-Fri 9am to 6pm)

## For Mindmaps Wellbeing employees

We have access to several fantastic services free of charge!

- If you are concerned about your own mental health or that of a colleague or a family member, you can talk to one of our specially trained [Mental Health First Aiders](#), who can provide you with support and information. You can find their contact details on the notice board, or through the [Mental Health Learning Portal](#) along with other resources.
- An Employee Advice Line (EAP) service provided by Mindmaps Wellbeing Ltd which offers access to confidential independent UK information and guidance with one-to-one support if required. with a Registered Mental Health Nurse. You do not need to be in crisis to use this service. They can help with subjects including financial, family or personal issues, work, general and medical. You can access this service can be accessed by email [info@mindmapswellebeing.org.uk](mailto:info@mindmapswellebeing.org.uk)
- We have various activities to support your wellbeing, take a look at what we have on offer for you following this link [MindmapsWellbeing](#)

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