

Let's  
talk

Mental  
health

See below for a list of  
local services that  
are available to  
support your mental  
health

**Education Support Services:** A charity that offers a 24 hour helpline to support the mental health and well being of teachers and education staff including financial support. <https://www.educationsupport.org.uk/> . Contact: 0800 562561

**Care First Counselling:** Care first is a confidential, professional telephone counselling service that can help employees proactively manage stress at work, by providing immediate emotional support, advice and practical information, 24 hours a day, 365 days a year. Contact: 01452 623200

**Staffordshire mental health helpline:** This helpline is open seven days a week. Calls are handled by Brighter Futures staff. Call handlers offer the person calling a safe space to talk through any issues they may be experiencing, and callers are then sign posted to the appropriate support services available. Contact: 0808 800 2234 <https://www.brighter-futures.org.uk/staffordshire-mental-health-helpline/>

**NHS 5 steps to mental well being:** This website shares the evidence which suggests that there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

**NHS Free Mind Plan** Answer 5 simple questions to get your personalised mental health action plan with tips and advice to help you be kind to your mind. <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>

**QWELL:** Online mental well-being counselling for adults. <https://www.qwell.io/>

**Heads Up:** Free coaching and advice for Headteachers. <https://www.headsup4hts.co.uk/>

**Headrest:** Wellbeing service for school leaders. A support service that offers advice to senior leaders feeling stressed, anxious and overwhelmed. <https://www.headrestuk.co.uk/>

**Changes:** Changes a mental health services that supports adults who are experiencing mild to moderate mental health issues, from low confidence and self-esteem to stress, anxiety, depression, self-harm and more. Contact: 01782 411 433

**CALM:** A campaign against living miserably that offer a helpline and webchat open 5pm-midnight 365 days a year for anybody who is struggling. Contact: 0800 58 58 58 <https://www.thecalmzone.net/what-we-do>

**CAMHS:** Child and Adolescent Mental Health Service that assess and treats young people and adults with emotional, behavioural and mental health difficulties. Contact: 0300 123 0907 Option 4 <https://www.camhs-stoke.org.uk/blank>

**Anna Freud:** A charity dedicated to training and support of child mental health services. Their website contains many useful documents and resources including training and resources to support you when working with children with mental health and wellbeing needs <https://www.annafreud.org/schools-and-colleges/programmes-and-services/>

**Dove:** Free, confidential counselling and support to anyone struggling with issues surrounding bereavement, life-changing illnesses or significant loss. Contact: 01782 683155

**Savana:** Providing free counselling and support services for anyone from the age of 4 who have been affected by sexual violence or abuse. Contact: 01782 433204

**Samaritans:** A charity that provides emotional support to anybody in distress, who cannot cope or is at risk of suicidal thoughts. Contact: 116123

**New Era:** New Era is an holistic Domestic Abuse service operating across Staffordshire and Stoke on Trent, offering help to all those affected by domestic abuse. It provides free and confidential support for victims, perpetrators and their families. Contact: 0808 1689 111

**The Community Drug and Alcohol Service:** Provides support to people struggling with drug and alcohol addiction. Contact: 01782 283113 <https://www.scdas.org.uk/>

**Brighter Futures:** A local support service which helps with homelessness and mental health issues. Contact: 01782 406000 <https://www.brighter-futures.org.uk>

**Citizens Advise Bureau Stoke:** An advice line staffed by friendly professionals that provide an initial assessment of your problem before agreeing the best way of resolving it. This service offers advice on finances, housing, employment, crime and mental health. Contact: 0344 411 1444

**Occupational Health:** A team that will assess physical and psychiatric conditions and support you in getting physically and mentally well and fit for work. The team will help you to regain skills lost and can also help with anxiety, relaxation and fatigue to support you to return to work. Referral to this services is needed by a health professional e.g. GP.

