

Employee Assistance Programme

Ealing employees and immediate family members are eligible to receive free confidential advice from our employee assistance provider, *Workplace Options*.

- Health and wellbeing
- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Referrals to providers, specialists and resources

Support services

Access to Work - Get support in work if you have a disability or health condition:

Able Futures

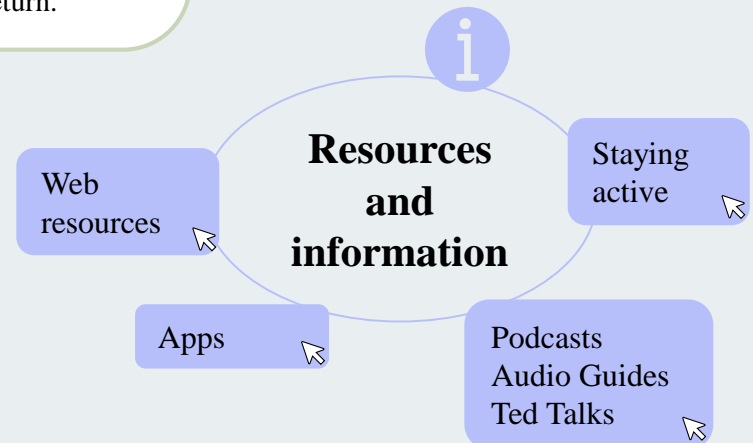
Remploy



Health and Wellbeing support



Click on the area you wish to look at. Use the home button to return.



2020



For Life's Expected and Unexpected Moments

Even when we have our day planned out, life can sometimes take us by surprise. No matter what, it's always good to know you have support. Any time, any day, you have free, confidential access to professional consultants and online resources to assist you with these and other topics:

- Health and wellbeing
- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Referrals to providers, specialists and resources.

WHATEVER YOU NEED, WE ARE HERE TO HELP.

Just call or log on to get started.

FREEPHONE: 0800 243 458

WEBSITE: www.workplaceoptions.com

USERNAME: Ealing

PASSWORD: employee

EMAIL: assistance@workplaceoptions.com

OUTSIDE THE UK: +44 (0)20 8987 6550

SMS (FOR CALLBACK): +44 (0)7909 341229

MINICOM: +44 (0)20 8987 6574

YOUR EMPLOYEE SUPPORT PROGRAMME

Available any time, any day, your Employee Support Programme is a free, confidential benefit to help you balance your work, family and personal life.



**_able
futures**

_GET SUPPORT FOR YOUR MENTAL HEALTH

_Whatever is on your mind, if you're experiencing issues that are affecting your mental health at work, Able Futures can help.

Nine months advice and guidance from a mental health professional will be arranged at a time to suit you. There is no cost to use this service, no waiting list and it's completely confidential.

**_BE KIND TO YOUR MIND _TALK TO ABLE FUTURES
_VISIT www.able-futures.co.uk
_CALL 0800 321 3137**



#KindnessMatters #MentalHealthAwarenessWeek

Able Futures delivers the Access to Work Mental Health Support Service on behalf of the Department for Work and Pensions and is led by Ingeus UK



Remploy (Access to Work)

Remploy - Workplace Mental Health Support Service

Available to individuals with a mental health condition, who are absent from work or finding work difficult. Our confidential service will help you to stay in or return to your job. Can be with or without your employer's involvement. Support is via face-to-face (if required) and telephone support throughout.

Available to:

- Anyone in permanent or temporary employment (even when off sick)
- Have a mental health condition that has resulted in workplace absence or is causing difficulties to remain at work (diagnosed or undiagnosed)
- Application request to be agreed by Access to Work

Delivered in partnership with Access to Work our advisors are fully trained professionals with expertise in mental health and its impact on the workplace. We offer work focused mental health support over nine months, tailored to meet needs of individual via assessment. A personalised support plan, detailing the steps needed to remain in or return to work. Suggestions for adjustments in the workplace or in working practices that may assist the individual to fulfil their role. If requested, we can work together with your employer.

100% confidential free support

Phone: 0300 456 8114

Email: a2wmhss@remploy.co.uk

Or complete the contact form online for a call back:

<https://www.remploy.co.uk/employers/mental-health-and-wellbeing/workplace-mental-health-support-service-employers>

Website: <https://www.remploy.co.uk/>



Helplines / websites (mental health)

Anxiety UK

Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Monday to Friday, 9.30am to 10pm; Saturday to Sunday, 10am to 8pm)

Website: www.anxietyuk.org.uk

Bipolar UK

A charity helping people living with manic depression or bipolar disorder.

Website: www.bipolaruk.org.uk

CALM

CALM is the Campaign Against Living Miserably, for men aged 15 to 35.

Phone: 0800 58 58 58 (daily, 5pm to midnight)

Website: www.thecalmzone.net

Men's Health Forum

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

Mental Health Foundation

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

Mind

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: www.mind.org.uk

No Panic

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

Website: www.nopanic.org.uk

OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0333 212 7890 (Monday to Friday, 9am to 5pm)

Website: www.ocduk.org

PAPYRUS

Young suicide prevention society.

Phone: HOPELINEUK 0800 068 4141 (Monday to Friday, 10am to 10pm, and 2pm to 10pm on weekends and bank holidays)

Website: www.papyrus-uk.org

Rethink Mental Illness

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Monday to Friday, 9.30am to 4pm)

Website: www.rethink.org

Samaritans

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30pm to 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most:

www.sane.org.uk/textcare

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

YoungMinds

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: www.youngminds.org.uk

Further support information can be found on OneSpace [here](#)



Helplines / websites (bereavement)

NHS bereavement helpline

Call the NHS bereavement helpline on [0800 2600 400](tel:08002600400) for guidance and support if someone you know has died.

It's open every day from 8am to 8pm.

The nurses on the helpline can give you advice, guidance and practical support during this difficult time.

Bereft Bereavement Support is Ealing's bereavement counselling charity. They offer open ended counselling to Ealing residents that have suffered a loss. Clients pay what they can afford. Go to www.bereftbereavementsupport.co.uk for more information.

For colleagues that live outside of Ealing, **Cruse**, a charity that offers support and care for bereaved people, has a free helpline which is staffed by trained bereavement volunteers. Call 0808 808 1677 or email helpline@cruse.org.uk.

Helplines / websites (caring responsibilities)

Ealing Carers' Service - Information, advice, and signposting for unpaid carers across Ealing

<https://www.carerstrustthames.org.uk/services-in-your-area/ealing>

020 3137 6194

Carers UK - <https://www.carersuk.org/help-and-advice>

Helplines / websites (domestic abuse)

Respect - For anyone worried about harming someone else - <https://respectphoneline.org.uk/> 0808 802 404

Refuge - Domestic Abuse helpline - www.nationaldahelpline.org.uk/ 0808 2000 247

Women's Aid - Online chat - <https://chat.womensaid.org.uk/>

Men's Advice Line - For men at risk of domestic abuse - <https://mensadviceline.org.uk/> info@mensadviceline.org.uk 0808 801 0327

Further support information can be found on OneSpace [here](#)



Helplines / websites (smoking, alcohol and drugs)

- NHS Smokefree** - Help to quit smoking - www.nhs.uk/smokefree 0300 123 1044 (9am-8pm)
- Ealing Rise** - Local drug and alcohol service - www.changegrowlive.org/rise-ealing 0800 195 8100
- Alcoholics Anonymous** - www.alcoholics-anonymous.org.uk 0800 917 7650 (24-hour helpline)

Helplines / websites (practical and emotional support)

- Ealing Together** - Collaboration between local community and voluntary groups, Ealing Council, resident associations and concerned residents that want to help respond to Covid 19 - <https://ealingtogether.org/> 020 8825 7170
- Ealing Covid19 Mutual Aid Facebook Group** - Mutual Aid group aiming to help those who may be quarantined due to the Covid 19 outbreak
www.facebook.com/groups/ealingmutualaid/
- Children and families directory** - Family Information, Advice & Guidance www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/home.page
- Ealing Local** - Offer Food banks, food distribution services and food bank collection points -
www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=mr-exIG6aY
- Children and Families Directory** - Useful resources for parents/carers, children and young people -
www.ealingfamiliesdirectory.org.uk/kb5/ealing/directory/advice.page?id=xYxUYn8ZvC4
- Healthy Homes Ealing** - Energy efficiency advice to residents struggling with rising energy bills -
www.ealing.gov.uk/info/201099/energy_efficiency_advice
0800 083 2265
- Next Door** - Connect and stay informed about what's going on in your neighbourhood - <https://nextdoor.co.uk/>
- In Your Area** - Local news, information and community platform - www.inyourarea.co.uk/

Further support information can be found on OneSpace [here](#)



Web resources

Mind, the mental health charity, have created an extremely [useful page of help and guidance](#), including tips on how to maintain good mental wellbeing if you or someone close to you needs to self-isolate.

Young Minds - Times of uncertainty can be particularly stressful for young people; here's a [blog to provide support and advice for young people and their carers](#).

Carers UK - It can be a particularly stressful time if you are a carer. Carers UK provides [support and advice for carers on coronavirus](#).

Mental Health Direct provide support and advice anytime of the day or night. The service can arrange for you to speak with a mental health professional and advise you about what service to contact to get the support you need. You can call 0300 555 1000; 24 hours a day, 365 days a year.

Mental Health Foundation - [Looking after your mental health during the Coronavirus outbreak](#)

London Health Partnership provide freely available [mental health and wellbeing information](#). The London Health Partnership aim to make London the healthiest global city by working with our partners to improve Londoners' health and wellbeing so everyone can live healthier lives.

Good Thinking is a London-wide digital mental wellbeing service funded by London councils and NHS Clinical Commissioning Groups supported by Public Health England. It offers [web and app based tools and resources to help people feel less isolated](#).

NHS Mental Health Help | Mental Health & Wellbeing
[Online support and advice from the NHS to help with mental health.](#)

NHS - every mind matters - [10 tips to help if you are worried about coronavirus](#)

Mental Health Foundation 'How to' guides - <https://www.mentalhealth.org.uk/publications>

For more information on COVID-19 please go to the following websites:

•[NHS](#)

•[Government](#)



Apps

NHS OneYou apps – free to use and available on IOS and android

Active 10

Add more regular bursts of brisk walking to your daily routine with activity tracking, encouragement and achievable milestones.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

NHS Smokefree

Start a 4-week programme that puts practical support, encouragement, milestones and tailored advice in the palm of your hand.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Drink Free Days

Feel healthier, lose weight and save money. Just pick your days to skip alcohol and get practical support to stick with it.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Couch to 5K

Get off the couch and running 5K in just 9 weeks. Grab your trainers and follow the step-by-step audio instructions.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Easy Meals

More than 150 delicious, easy, healthier recipes just a tap away. Search by mealtime and save shopping lists for later.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

NHS recommended apps

Calm Harm

An app designed to help people resist or manage the urge to self-harm. It's private and password-protected.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Catch It

Learn to look at problems differently, turn negative thoughts into positive ones and improve your mental wellbeing.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

distrACT

Get quick, easy and discreet access to information and advice about self-harm and suicidal thoughts.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

eQuoo: Emotional Fitness Game

Use adventure games designed by psychologists to increase your emotional fitness and learn new psychological skills.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Feeling Good

Improve your thoughts, feelings, self-esteem and self-confidence using the principles of cognitive behavioural therapy.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

My Possible Self

Pick from 10 modules to learn how to manage fear, anxiety and stress, and take control of your thoughts, feelings and behaviour.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Stress & Anxiety Companion

Guided breathing exercises, relaxing music and games made to help calm the mind, and handle stress and anxiety on the go.

- [Download from the Appstore](#)
- [Get it on Google Play](#)

Student Health App

Access more than 900 pages of reliable, regularly updated health information created for university students by NHS doctors.

- [Download from the Appstore](#)
- [Get it on Google Play](#)



Podcasts, Audio Guides, Ted Talks

BBC health and wellbeing podcasts - <http://www.bbc.co.uk/podcasts/category/factual-healthandwellbeing>

NHS mental wellbeing audio guides - <https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Mental health foundation, wellbeing podcasts - <https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

The People and Organisational development team have posted Wellbeing TED Talks and other resources to help manage day-to-day work https://www.yammer.com/ealing.gov.uk/#/threads/inGroup?type=in_group&feedId=17887759

Staying Active

UK Active and Nike have just launched [Move Crew](#), a programme of daily ‘missions’, developed with teachers, PE Specialists, elite athletes, kids and coaches. Each ‘mission’ is designed to help kids unlock their recommended 60 minutes of daily activity.

Sport England have compiled tips, advice and guidance on how to keep or get active in and around your home https://www.sportengland.org/stayinworkout#get_active_at_home

Better UK app - video exercise library and virtual fitness classes. [Instructions for signing up to the Better UK app.](#)

Everyone active - access to their range of Les Mills workouts. Staff will need to use their council e-mail address to register. [Access the offer.](#)

