Because Healthy Minds Matter

The **First Class Support** helpline is completely confidential, independent and available 24/7. You can call **0800 6888777** now if you would like to talk to somebody about handling difficult conversations; for direct self-serve access to mental health support; and guidance with living a healthier lifestyle.

On the **Feeling First Class wellbeing website** (www.feelingfirstclass.co.uk) you can view physical and mental health advice and content; access the mental health eLearning ‘Because Healthy Minds Matter’; and complete the fully confidential Online Stress Tool (use code **FFC1** to register).

You can download the Feeling First Class app from both iTunes and the Google Play store.

On the Health and Wellbeing Intranet pages, our **Feeling First Class – Mental Health** page includes stress guidance, support and training as well as signposting to internal and external mental health support services.

**Shout Mental Health Text Service** is a free, nationwide, 24/7, text based service. Text **Shout to 85258** in the UK to text with a trained Crisis Volunteer.

**Rowland Hill Fund**: **0345 600 4586** [www.rowlandhillfund.org](http://www.rowlandhillfund.org) offering financial aid to colleagues, pensioners and their families in times of need.

**Stepchange:** Offering expert, tailored advice and practical solutions to problem debt, contact the UK’s leading debt charity on **0800 138 1111** or visit [www.stepchange.org](http://www.stepchange.org).

**For urgent support in a crisis**: call the Samaritans on **116 123** (open 24/7) or in the case of a suicide or other emergency situation, ring 999, or 9999 from a Royal Mail landline.

**If you are worried that someone is at immediate risk of taking their own life you should stay with that person and take one of the following steps:**

* Encourage them to call the First Class Support helpline (open 24/7) or the Samaritans on **116 123** (open 24/7)
* Contact their GP for an emergency appointment or the out of hours support service
* Call their Community Mental Health Team (CMHT) if they have one

Ring 999 (9999 from a Royal Mail landline), NHS direct (111) or go to the nearest Accident and Emergency (A&E) department.