

Reasons to tell your employer you want to access the service

There are many reasons to tell an employer that you might have an issue you want to address through the service.

1. Many wellbeing issues are under reported – it may appear that no one has any wellbeing issues unless staff feel confident to talk about it. You should not need to tell your employer the details of the issues you want to address.
2. Your employer may need give you time off to access the service or to rearrange your schedule
3. You might not be able to access the service from home so you may need a location at work to use the phone or laptop to speak to our wellbeing practitioners.

This is not a crisis service

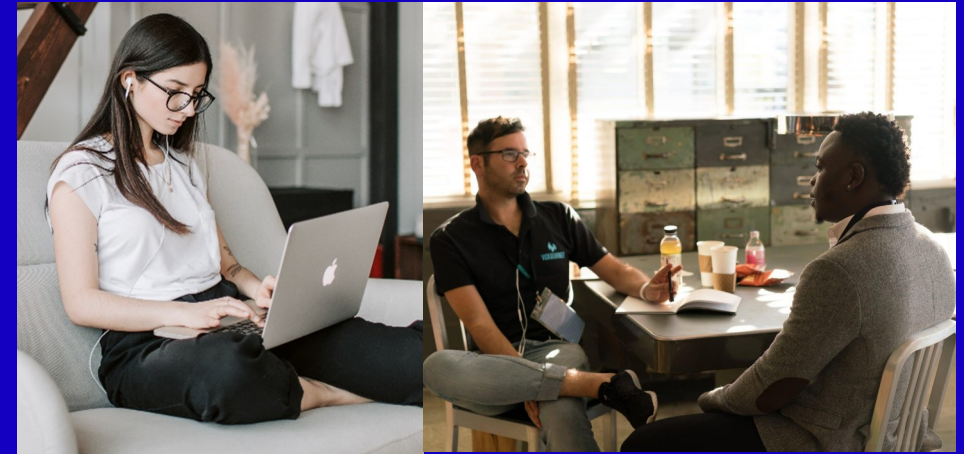
If you need urgent mental health support outside of our opening hours please phone 111. The Samaritans also offer a service outside of our opening times, 166 123 (24/7 FREE).

Alternatively if you are in crisis you can access our **Adults Safe Haven**. Open 365 days a year from 6pm-10pm. Just drop in. No appointment necessary.

Adults' Safe Haven Location

The Hub, Leigh Park, Dunsbury Way, Havant, PO9 5EW

In an emergency please dial 999.



Email us for free confidential advice or support for your wellbeing on:

bizwellbeing@easthantsmind.org

This programme has been paid for through the central government's Additional Restrictions Grant Fund which was provided to help local businesses through the coronavirus pandemic.

Workplace wellbeing support

Who we are?

We are the Havant and East Hants Mind Workplace Wellbeing Team. We are experts in mental health and wellbeing and have been supporting people here for over 30 years.

Together we provide a safe, confidential and supportive environment for people who are working or currently employed but unable to work and experiencing poor mental health or wellbeing.

What sort of things can you help me with?

Many things can affect our wellbeing at work or in our home life. Common themes we see staff wanting help with include work or home-based stress, debt or money worries, low self esteem, dealing with symptoms of anxiety or depression, dealing with caring responsibilities while working, dealing with major changes at work or home, physical health issues impacting on wellbeing, housing issues, domestic violence, relationship issues, addictive behaviours, gambling or substances, coping with anger, assertiveness, and bereavement.

How to access support:

To access support you simply email our wellbeing practitioners on **bizwellbeing@easthantsmind.org** and you will be contacted within 48 hours

You should not refer someone else without their full consent and ideally support and encourage them to refer themselves.



What to expect:

- You will then get a confidential dedicated point of contact with HEH Mind Workplace Wellbeing Practitioners (telephone/email and online)
- Agree a time to complete a one to one, strengths based holistic wellbeing assessment and a
- Wellbeing action plan with personalised and realistic goals
- You can then (depending on your needs) receive up to 5 more x 45 min sessions of support with a professional workplace wellbeing practitioner
- Information, resources, advice and signposting to other sources of help to improve wellbeing
- Review, discussion and planning for next steps

About confidentiality :

We do not share client details with anyone else unless they give consent to do so. Sometimes we need to refer you to another source of support like Citizens Advice or a local support group, and we would ask your permission to do this.

With regards to your employer – we will never specifically tell an employer which employees have accessed the service. However you might like to consider telling your employer you want to access the service.

If you are reading this leaflet it is because your employer has expressed an interest in receiving support for any of its staff who might want to access it. It's a sign there is a commitment to promoting better mental health and wellbeing at work. HEH Mind will be supporting your business more widely in a range of other ways too.

