



Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

Remember, your mental health and wellbeing is as important as anyone else's. You too have access to help and support when needed.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available within the United Kingdom.



United Kingdom



EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

Doctor

Psychologist, therapist or counsellor

Samaritans

Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

www.samaritans.org

116 123 or email jo@samaritans.org

Hub of Hope

National mental health database that brings together organisations and charities who offer mental health advice and support, together in one place.

<https://hubofhope.co.uk>

Mental Health Matters

Provides a wide range of support to people with mental health needs.

www.mhm.org.uk

0191 516 3500 or email info@mhm.org.uk

Mind

Provides advice and support to empower anyone experiencing a mental health problem to understand their condition and the choices available to them.

www.mind.org.uk

0300 123 3393

Text 86463 or email info@mind.org.uk

Health and Safety Executive

Helps workers understand how they can stay safe and well.

www.hse.gov.uk

Rethink Mental Illness

Access a diverse range of mental health services and life-changing support groups.

www.rethink.org

NHS: Live Well

Advice, tips and tools to help you make the best choices about your health and wellbeing.

www.nhs.uk/live-well/



	<p>NHS: Every Mind Matters / One You Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health. www.nhs.uk/oneyou</p> <p>Campaign Against Living Miserably (CALM) A leading movement against suicide. Offers accredited confidential, anonymous and free support, information and signposting to people anywhere in the UK through a helpline and webchat service. www.thecalmzone.net 0800 58 58 58</p> <p>Online apps and resources</p>
--	---



**PHYSICAL
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

NHS: Live Well

Advice, tips and tools to help you make the best choices about your health and wellbeing.

www.nhs.uk/live-well/

NHS: Every Mind Matters / One You

Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health.

www.nhs.uk/oneyou

NHS: Change4Life

Resource for parents to discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids to stay healthy.

www.nhs.uk/change4life

National Domestic Abuse Helpline

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

www.nationaldahelpline.org.uk

0808 2000 247

Online apps and resources



**SPIRITUAL
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

Spiritual England

A place to explore spirituality – the idea that there’s something beyond the material world that is meaningful, magical and inspirational.

www.spiritualengland.org.uk

Online apps and resources



**SOCIAL
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Social worker

Relationship counsellor

Life coach

National Domestic Abuse Helpline

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

www.nationaldahelpline.org.uk

0808 2000 247

Rethink Mental Illness

Access a diverse range of mental health services and life-changing support groups.

www.rethink.org

Hub of Hope

National mental health database that brings together organisations and charities who offer mental health advice and support, together in one place.

<https://hubofhope.co.uk>

BeGambleAware

Free, confidential help for anyone who is worried about their or someone else's gambling.

0808 8020 133

www.begambleaware.org

Rotary International

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community and catch up with friends during club programmes that fuel the impact Rotary International makes.

www.rotary.org

Online apps and resources



**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Financial advisor

Bank or credit union

Mental Health and Money Advice

Helping you understand, manage and improve your mental health and money issues.

www.mentalhealthandmoneyadvice.org

National Debtline – Money Advice Trust

Provides free debt advice and solutions.

www.nationaldebtline.org

0808 808 4000

GOV.UK

Access a range of financial benefits provided by the government.

www.gov.uk/browse/benefits

Online apps and resources



WORK AND
CAREER

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

Career counsellor

National Careers Service

Provides information, advice and guidance to help you make decisions on learning, training and work.

<https://nationalcareers.service.gov.uk/>

0800 100 900

Online apps and resources