



## 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](http://www.samaritans.org)

116 123 or email [jo@samaritans.org](mailto: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](http://www.mhm.org.uk)

0191 516 3500 or email [info@mhm.org.uk](mailto: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](http://www.mind.org.uk)

0300 123 3393

Text 86463 or email [info@mind.org.uk](mailto:info@mind.org.uk)

**Health and Safety Executive**

Helps workers understand how they can stay safe and well.

[www.hse.gov.uk](http://www.hse.gov.uk)

**Rethink Mental Illness**

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

[www.rethink.org](http://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/](http://www.nhs.uk/live-well/)



	<p><b>NHS: Every Mind Matters / One You</b> Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health. <a href="http://www.nhs.uk/oneyou">www.nhs.uk/oneyou</a></p> <p><b>Campaign Against Living Miserably (CALM)</b> 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. <a href="http://www.thecalmzone.net">www.thecalmzone.net</a> 0800 58 58 58</p> <p><b>Online apps and resources</b></p>
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**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/](http://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](http://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](http://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](http://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](http://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**

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<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](http://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](http://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](http://www.mentalhealthandmoneyadvice.org)

**National Debtline – Money Advice Trust**

Provides free debt advice and solutions.

[www.nationaldebtline.org](http://www.nationaldebtline.org)

0808 808 4000

**GOV.UK**

Access a range of financial benefits provided by the government.

[www.gov.uk/browse/benefits](http://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