

MENTAL HEALTH SUPPORT SERVICES

External Support

Mind infoline
0300 123 3393 or text 86463
www.mind.org.uk

Samaritans
Call: 116 123
www.samaritans.org

Saneline
0300 304 7000
www.sane.org.uk

Campaign Against Living Miserably (CALM)
0800 58 58 58
www.thecalzone.net

Switchboard
0300 330 0630
<https://switchboard.lgbt>

The Helpline partnership
0300 330 7777
<https://helplines.org/>

NHS
Call 111 111.nhs.uk

Your own GP

Internal Support

Occupational Health
01480 309882

Employee Assistance Programme
www.mty-EAP.com/login (username: CPFUser)
0800 1116 387

Mind Blue Light Pledge & Champions

TRiM practitioners

Healthshield Cashplan
01270 588555 www.healthshield.co.uk

The Fire Fighters Charity
01256 366566 www.firefighterscharity.org.uk

External counselling
Call Occupational Health 01480 309 882

