



YOUR HEALTH AND WELLBEING

MENTAL HEALTH RESOURCES

NEED HELP NOW?

If you or someone you know is at immediate risk of harm, **call 999** or attend nearest A&E



NHS Inform

Or if you or someone you know needs urgent help - contact GP for Call NHS 24 on **111** for urgent mental health support when your GP surgery is closed



Samaritans

If you need to talk to someone outside these hours **call 116 123** (available 24/7), or find other ways to get in touch



Breathing Space

If you need to talk to someone
Call: **0800 83 85 87**
Free 6pm to 2am (Mon-Thurs),
24 hours Sat & Sun or visit:
www.breathingspace.scot



Employee Assistance Service PAM Assist

Call free: **0800 247 1100** for free, confidential support 24/7
Webchat: www.pam-assist.co.uk
Email: info@pamwellbeing.co.uk or counsellingteam@pamassist.co.uk

SUPPORT FOR YOU



Able Futures

Something on your mind?

Call free: **0800 321 3137**
(8am-10.30pm, Mon-Fri) 9 months free mental health support:
www.able-futures.co.uk



Our Workforce Wellbeing Support Dedicated Webpages

All the resources and support you need in one place:

www.glasgow.gov.uk/workforcewellbeing



Worried about money? Staff help sheet

Government approved pathways to free, confidential and impartial money advice and support



Your Health and Wellbeing Handbook

Key internal and external wellbeing information, resources and support



Our Employment Support Policies

Including:

- Alcohol and Drugs Support Policy
- Bullying and Harassment Policy
- Gambling Harms Support Policy
- Maximising Attendance Policy
- Flexible Working Procedure
- Conditions of Service: Leave



SCANNING QR CODES IS EASY

1. Open your camera on your phone
2. Point your camera at the QR Code, hold it steady
3. A link banner should appear, click it and it will take you to the relevant website