



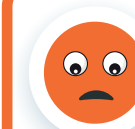
MENTAL WELLBEING JOURNEY




Thriving
"I'm doing well and I want to explore other ways I can stay resilient and on good form"



Things on my mind
"I'm okay, but I've got some things I'm worried about and I'm finding it hard to stop thinking about them"



Struggling
"I've not been feeling myself for a while. I'm managing work and home life, but it's hard and I could do with some help"



Severely Struggling
"I'm finding it hard to manage everyday life. Most days feel like a struggle"

SERVICES FOR NATIONAL EXPRESS UK EMPLOYEES

RESILIENCE LEARNING

Tools to help you understand and build resilience:
Access via ILearn:
iLearn Courses

- 'Mental Health Awareness (foundation skills)'
- 'Building Resilience'

nationalexpress.learning.uk.com

STAY ON TOP OF STRESS

Use the **Thrive app** to stay on top of any stress by downloading the app from Google Play or the App Store visiting the access code: **AVIVAIYP1116**

WANT TO LEARN MORE / SUPPORT OTHERS

Visit the **National Express Wellbeing Portal** to find more resources as well as packs on how to support others and start a conversation about Mental Health.

www.nationalexpress.com/wellbeing/login
Username: nxuk
Password: wellbeing

NON-NATIONAL EXPRESS SERVICES

EMPLOYEE ASSISTANCE PROGRAMME (EAP) INFO SPECIALISTS

Free and confidential advice 24 hours a day by a team of specialists who can help on a range of issues including relationship, finances, legal, health and emotional matters.
Access support:

- ☎ **0800 015 5630** (lines are open 24 hours, every day)
- 🌐 **Care First Lifestyle website** (www.eap-carefirst.com)
log in username 'lifestyle1234' password 'carefirst'

EMPLOYEE ASSISTANCE PROGRAMME COUNSELLOR

Professionally qualified counsellors available for free and confidential support 24 hours a day.
Access support:

- ☎ **0800 015 5630** (lines are open 24 hours, every day)
- 🌐 **Care First Lifestyle website** (www.eap-carefirst.com)
log in username 'lifestyle1234' password 'carefirst'

FINANCIAL WELLBEING TOOLS

Visit the National Express Wellbeing Portal to find more resources on financial tools and resources

🌐 www.nationalexpress.com/wellbeing/login
Username: nxuk
Password: wellbeing

THRIVE APP

Thrive helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life. Downloading the app from Google Play or the App Store visiting the access code: **AVIVAIYP1116**

OCCUPATIONAL HEALTH MENTAL HEALTH TEAM

If your health (physical or mental) is affecting your ability to do your job, Occupational Health can support.
Speak to your manager about a referral.

BEREAVEMENT SUPPORT

Canada Life's bereavement counselling service provides up to four sessions with a qualified counsellor

☎ **0800 912 0826** (lines are open 24 hours, every day)

GP

If you're concerned about your mental health, speak to your GP. They'll be able to help you understand your different options, and refer you one for specialist support, if appropriate

SAMARITANS

You can also call Samaritans free on

☎ **116 123 if you want to talk to someone now**

DOMESTIC VIOLENCE AND ABUSE SUPPORT

Refuge: Domestic violence support for women and children

☎ **0808 200 0247**
🌐 www.refuge.org.uk

Respect: Domestic violence support for men

☎ **0808 801 0327**
🌐 www.mensadviceline.org.uk

EVERY MIND MATTERS

NHS and Public Health England awareness campaign to help you take action on your mental health and wellbeing. Take the free and confidential quiz to get your personalised Mind Plan.

🌐 Visit: www.nhs.uk/every-mind-matters

GP SELF REFERRALS TO NHS MENTAL HEALTH SUPPORT

You can refer yourself directly to an NHS psychological therapies service (IAPT) without seeing your GP. These services offer therapies, such as cognitive behavioural therapy (CBT), for common problems including:


- **Stress** • **Anxiety** • **Depression**
- **Obsessive compulsive disorder (OCD)** • **Phobias**

Find your local services here:
🌐 www.nhs.uk/service-search/find-a-psychological-therapies-service

SUPPORT FOR DRUG, AND ALCOHOL USE

Confidential and non-judgmental advice and support is from Aquarius in the West Midlands and Mercia Area. Self-refer by phone for CONFIDENTIAL sessions with our specialist practitioner.

☎ **0300 456 4293**
✉ gambling@aquarius.org.uk



Health and Wellbeing

