

SUPPORT AND SELF HELP

Mental health can seem complex. Knowing where to turn for information can be daunting.

The aim of this guide is to provide contact information for a variety of military and civilian services that can offer help, advice or signpost you to the most appropriate source of help.

WEBSITES

Army - Ask for Help

www.army.mod.uk/people/join-well/managing-stress/ask-for-help/

Mood Juice Self Help Resource Site

www.moodjuice.scot.nhs.uk/

Every Mind Matters

www.nhs.uk/oneyou/every-mind-matters/

Army Mindfulness Course

www.army.mod.uk/people/join-well/managing-stress/mindfulness-course/

NHS Mood Zone

www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/?tabname=mental-wellbeing-audio-guides



APPS

Free and available to download on Android and IOS



Headspace Meditation and mindfulness



Stay Alive Suicide prevention app is free and offers help and support both to people with thoughts of suicide and to people concerned about someone else



Sleep cycle Analyses your sleep and wakes you up in the lightest sleep phase



eMoods Mood Tracker app lets you easily chart your daily highs and lows, sleep, medications



PTSD Coach App provides coping strategies for anyone suffering from PTSD



Prolonged Exposure Coach Provides evidence-based psychotherapy for PTSD



Joining Forces App Mental health awareness app provides information on anxiety, PTSD and depression

VIDEOS



Real Talk About Suicide
www.realtalk.film



'I had a black dog, his name was depression'



'Living with a Black Dog'
www.youtube.com/watch?v=2VRRx7Mtep8



'It's ok to not be okay'
www.youtube.com/watch?v=0M9eZY1WfTk

MAINTAINING YOUR MENTAL FITNESS

SOURCES OF SELF HELP

WHO TO GO TO FOR SUPPORT:

- Friend or Family Member
- Chain of Command
- Padre
- Unit Welfare Officer
- Army Welfare Service
- Medical Officer/GP

Don't **bottle** it up.


ARMY
BE THE BEST

SOURCES OF SUPPORT AND SELF HELP

Confidential Support Services

Combat Stress 24-Hour Military Mental Health Helpline is a free, confidential helpline available to all serving military personnel and to families and friends that may have concerns.

www.combatstress.org.uk

E-mail: helpline@combatstress.org.uk
Tel: 0800 323 4444 Open 24/7. Text: 07537 404 719

Samaritans Provides a safe place to talk about anything that's bothering you 24/7.

www.samaritans.org

E-mail: Jo@samaritans.org
Tel: 116 123 Open 24/7

SSAFA Forcesline Free confidential helpline and e-mail service providing support independent of the military chain of command.

www.ssafa.org.uk/help-you/forcesline

Tel: 0800 731 4880 Open 9:00 - 17:30 Monday - Friday

Big White Wall A safe anonymous 24/7 online community where you can talk to people, who feel like you, whilst guided by trained professionals.

www.bigwhitewall.com

E-mail: theteam@bigwhitewall.com

Army Welfare Service Personal Support Staff provide accessible, independent, confidential and professional specialist welfare services to soldiers and their families with any personal or family difficulty.

Mon - Thurs 0830 - 1630

Fri 0830 - 1600

Tel: 01904 882053

Speak Out is a confidential bullying, harassment and discrimination helpline.

Tel: (Civ) 0306 7704656 (Mil) 96770 4656

Addictions

Gamblers Anonymous

A support group of men and women, sharing experiences and providing a safe place to discuss issues relating to gambling.

www.gamblersanonymous.org.uk

FRANK Provides friendly, confidential drugs advice. Live Chat available.

www.talktofrank.com

Tel: 0300 123 6600 open 24/7

Alcoholics Anonymous

A support group of men and women who share their experiences and strength with each other to help others to recover from alcoholism.

www.alcoholics-anonymous.org

E-mail: help@aamail.org
Tel: 0800 9177 650

Gamble Aware

Get support, talk via the live chat.

www.gamecare.org.uk/get-support-talk-to-us-now

National Gambling Helpline

Freephone 0800 8020 133
0800 - Midnight 365 days a year.

Eating Disorders

Seed Eating disorder support service provides advice and planning to beat eating disorders.

www.seedeatingdisorders.org.uk
E-mail: hello@seedeatingdisorders.org.uk
Tel: 01482 718130

Debt & Financial Management

MoneyForce Provides information and resources on Budgeting, Debt, Savings, Planning and Financial Protection specifically for UK Service Personnel and their families.

www.moneyforce.org.uk

National Debtline is a free and confidential debt advice service. Web chat with an advisor.

www.nationaldebtline.org

Tel: 0808 808 4000

Open 9:00 - 20:00 Monday - Friday
and 9:30 - 13:00 on Saturday

Domestic Violence

Women's Aid provides advice, support and information on domestic abuse and violence.

www.womensaid.org.uk

E-mail: helpline@womensaid.org.uk
Tel: 0808 2000 247 open 24/7

Mankind is a confidential helpline for male victims of domestic abuse and domestic violence.

Weekdays 10:00 - 16:00
Tel: 01823 334244

www.mankind.org.uk

Victim Support

Victim Support provides free and confidential support to help you move past the impact of crime.

To contact visit:

www.victimsupport.org.uk

Tel: 0808 1689 111 (free) open 24/7

Sexual Assault

SARCs (Sexual Assault Referral Centres) Provides services to victims/survivors of rape or sexual assault regardless of whether the survivor/victim chooses to report the offence to the police or not.

www.thesurvivorstrust.org

E-mail: info@thesurvivorstrust.org
Tel: 01788 550554

Survivors UK provides individual chat sessions with trained individuals in confidence for men who have experienced rape or sexual assault either as a child or an adult.

www.survivorsuk.org

Chat via SMS: 020 3322 1860
or via WhatsApp 074 9181 6064
and online

Bereavement

Cruse Bereavement Care

Offers advice and support when someone has died.

www.cruse.org.uk

E-mail: info@cruse.org.uk
Tel: 0808 808 1677 open 9:30 - 17:00 Monday-Friday (excluding bank holidays), with extended hours on Tuesday, Wednesday and Thursday evenings, when open until 20:00.

Relationships

Relate Can help you make the most of couple and family relationships, past, present or future. Provides help even if you're not currently in a relationship.

www.relate.org.uk

E-mail: Relate.Enquiries@relate.org.uk
Tel: 0300 100 1234

Perinatal

PANDAS Foundation (pre/post natal depression) provides help, support and advice to any parent experiencing a perinatal mental illness.

www.pandasfoundation.org.uk

E-mail: contact@pandasfoundation.org.uk
Tel: 01691 664275
Open 9:00 - 20:00 7 days per week

Army Mediation Service

The aim of mediation is to resolve workplace conflict and restore operational effectiveness as quickly as possible. Mediation seeks to provide a non-hostile, neutral environment, facilitated by two trained mediators, where parties can raise their views and concerns on an issue in dispute.

E-mail: Army-Mediation-0Mailbox@mod.gov.uk
Tel: Civ: 0306 7707 691
Mil: 96770 7691

Emotional Support

SHOUT For support in a crisis. Anxious, Worried? Stressed? Get 24/7 help from our team of Crisis Volunteers. TEXT 85258

Calm is a helpline for Men in the UK who are down or who have hit the wall for any reason and need to talk or find information and support.

www.thecalmzone.net

Web chat 5pm - Midnight
Tel: 0800 585858
5pm - Midnight 365 Days a Year

Sane Provides expert emotional support and specialist information for you if you are concerned about your own or someone else's mental health. Access the Sane anonymous support forum.

www.sane.org.uk

Tel: 0300 304 7000 open 16:30 - 22:30 7 days per week.

The Mix Takes on embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that we have. They offer a free and confidential helpline 365 days a year via phone, email or webchat. They also have discussion boards and live chat.

www.themix.org.uk

Tel: 0808 8084994

Childline A free, private and confidential service for anyone under 19 in the UK with any issue. Chat via 1-2-1 counsellor.

www.childline.org.uk/get-support/1-2-1counsellor-chat
Tel: 0800 1111

Army LGBT Supports LGBT personnel and their Commanders. It offers peer support, mentoring and networking opportunities and resources on inclusive leadership and implicit bias.

www.armylgbt.org.uk
www.facebook.com/ArmyLGBT
twitter: @ArmyLGBT