

## 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.

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 Crown Roofing and Sweden.

Sweden



**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

The Health Assured EAP is a confidential employee benefit designed to help you deal with personal and professional problems that could be affecting your home life or work life, health, and general wellbeing.

Health Assured provides mental health support to you and your family members\* in a confidential setting and provides a safe place for you to talk.

The service provides a complete support network that offers expert advice and compassionate guidance covering a wide range of issues to include to include structured counselling, trauma specific, Cognitive Behaviour Therapy (CBT), legal information, bereavement support, medical information and more.

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

**Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)**

**Through your My Healthy Advantage App.**

**Lighthouse Club Construction Industry Helpline**

(Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**Public Health Agency of Sweden**

[www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se)

010 205 20 00 or email [info@folkhasomyndigheten.se](mailto:info@folkhasomyndigheten.se)

**National Health Hotline (Emergency)**

If you or someone you know is in acute need of psychiatric help, dial the SOS emergency number in Sweden, 112.

**National Health Hotline (Non-Emergency)**

For more information about mental health, illnesses and where to find your nearest health care centre, dial 1177.

[www.1177.se](http://www.1177.se)

	<p style="text-align: center;"><b>Suicide Prevention Hotline</b></p> <p>Provides free and confidential support to anyone having thoughts of taking their own life including friends and family of someone with such thoughts. Available 24/7. <a href="https://mind.se/hitta-hjalp/sjalvmordslinjen/">https://mind.se/hitta-hjalp/sjalvmordslinjen/</a> Dial <u>90101</u>, webchat or email.</p> <p style="text-align: center;"><b>Mind Forum</b></p> <p>Safe online place where you can anonymously talk about life when it feels tough. You can share, give and receive support, read facts about mental illness and read other people's stories. <a href="https://forum.mind.se/">https://forum.mind.se/</a></p> <p style="text-align: center;"><b>The Parent Line</b></p> <p>Provides support services for parents. <a href="https://mind.se/hitta-hjalp/foraldralinjen/">https://mind.se/hitta-hjalp/foraldralinjen/</a> <u>020 85 20 00</u></p>
--	---

<div style="text-align: center;">  <p><b>PHYSICAL HEALTH</b></p> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.</p> </div>	<p style="text-align: center;">Doctor</p> <p style="text-align: center;">Physiotherapist/massage therapist</p> <p style="text-align: center;">Dietician/nutritionist</p> <p style="text-align: center;">Personal trainer</p> <p style="text-align: center;"><b>Public Health Agency of Sweden</b> <a href="http://www.folkhalsomyndigheten.se">www.folkhalsomyndigheten.se</a> <u>010 205 20 00</u> or email <a href="mailto:info@folkhasomyndigheten.se">info@folkhasomyndigheten.se</a></p> <p style="text-align: center;"><b>Alcoholics Anonymous</b></p> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. <a href="http://www.aa.se">www.aa.se</a> <u>08 720 38 42</u> or email <a href="mailto:help@aa.se">help@aa.se</a></p> <p style="text-align: center;"><b>Swedish Food Agency</b></p> <p>Provides information, resources and supports on healthy dietary habits, safe foods, healthy cooking and more! <a href="http://www.livsmedelsverket.se">www.livsmedelsverket.se</a> <u>018 17 55 00</u></p>
--	---

	<p><b>Sweden's National Women's Helpline</b> Provides 24/7, free and confidential support to those subjected to violence and threats as well as their loved ones. <u>020 50 50 50</u></p> <p>Online apps and resources</p>
--	--

 <p><b>SPiritUAL WELLBEING</b></p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Spiritual leader</p> <p>Reiki therapist</p> <p><b>Public Health Agency of Sweden</b> <a href="http://www.folkhalsomyndigheten.se">www.folkhalsomyndigheten.se</a> 010 205 20 00 or email <a href="mailto:info@folkhasomyndigheten.se">info@folkhasomyndigheten.se</a></p> <p><b>Spiritual Care Sweden</b> Provides spiritual care to patients and their families. Available 24/7 to people of all faiths as well as those of no particular affiliation. <a href="https://www.swedish.org/services/spiritual-care">https://www.swedish.org/services/spiritual-care</a> <u>206 386 6000</u></p> <p>Online apps and resources</p>
---	---



**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

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

**Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)**

**Through your My Healthy Advantage App.**

**Lighthouse Club Construction Industry Helpline** (Crown Roofing and Cladding subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**Public Health Agency of Sweden**

[www.folkhalsomyndigheten.se](http://www.folkhalsomyndigheten.se)

010 205 20 00 or email [info@folkhasomyndigheten.se](mailto:info@folkhasomyndigheten.se)

**Alcoholics Anonymous**

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

[www.aa.se](http://www.aa.se)

08 720 38 42 or email [help@aa.se](mailto:help@aa.se)

**Gamblers Anonymous**

Support community of men and women who share their experience, strength and hope with each other so they can solve their common problems and help others recover from gambling addiction.

[www.gamblersanonymous.se](http://www.gamblersanonymous.se)

**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.se](http://www.rotary.se)

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

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)

Through your My Healthy Advantage App.

**Lighthouse Club Construction Industry Helpline** (Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**Sweden – Social Assistance**

Provides financial assistance if you are unable to support yourself.

<https://ec.europa.eu/social/main.jsp?catId=1130&langId=en&intPageId=4816>

**Gamblers Anonymous**

Support community of men and women who share their experience, strength and hope with each other so they can solve their common problems and help others recover from gambling addiction.

[www.gamblersanonymous.se](http://www.gamblersanonymous.se)

Online apps and resources



**WORK AND  
CAREER**

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

**Career counsellor**

The service is available 24 hours a day, 7 days a week, 365 days a year by calling **0800 028 0199**.

**Email: [support@healthassured.co.uk](mailto:support@healthassured.co.uk)**

**Through your My Healthy Advantage App.**

**Lighthouse Club Construction Industry Helpline** (Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

**Swedish Public Employment Service**

Provides employment supports and resources.

[www.arbetsformedlingen.se](http://www.arbetsformedlingen.se)

Online apps and resources