

## 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 the United Kingdom.

**United Kingdom**



**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

**Samaritans**

Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

[www.samaritans.org](http://www.samaritans.org)

116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org)

**Hub of Hope**

National mental health database that brings together organisations and charities who offer mental health advice and support, together in one place.

<https://hubofhope.co.uk>

**Mental Health Matters**

Provides a wide range of support to people with mental health needs.

[www.mhm.org.uk](http://www.mhm.org.uk)

0191 516 3500 or email [info@mhm.org.uk](mailto:info@mhm.org.uk)

**Mind**

Provides advice and support to empower anyone experiencing a mental health problem to understand their condition and the choices available to them.

[www.mind.org.uk](http://www.mind.org.uk)

0300 123 3393

Text 86463 or email [info@mind.org.uk](mailto:info@mind.org.uk)

**Health and Safety Executive**

Helps workers understand how they can stay safe and well.

[www.hse.gov.uk](http://www.hse.gov.uk)

**Rethink Mental Illness**

Access a diverse range of mental health services and life-changing support groups.

[www.rethink.org](http://www.rethink.org)

**NHS: Live Well**

Advice, tips and tools to help you make the best choices about your health and wellbeing.

[www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

**NHS: Every Mind Matters / One You**

Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health.

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

**Campaign Against Living Miserably (CALM)**

A leading movement against suicide. Offers accredited confidential, anonymous and free support, information and signposting to people anywhere in the UK through a helpline and webchat service.

[www.thecalmzone.net](http://www.thecalmzone.net)

0800 58 58 58

Online apps and resources



**PHYSICAL  
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

Doctor

Physiotherapist/massage therapist

Dietician/nutritionist

Personal trainer

**NHS: Live Well**

Advice, tips and tools to help you make the best choices about your health and wellbeing.

[www.nhs.uk/live-well/](http://www.nhs.uk/live-well/)

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Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health.

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

**NHS: Change4Life**

Resource for parents to discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids to stay healthy.

[www.nhs.uk/change4life](http://www.nhs.uk/change4life)

**National Domestic Abuse Helpline**

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

0808 2000 247

Online apps and resources



**SPIRITUAL  
WELLBEING**

Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.

Spiritual leader

Reiki therapist

**Spiritual England**

A place to explore spirituality – the idea that there’s something beyond the material world that is meaningful, magical and inspirational.

[www.spiritualengland.org.uk](http://www.spiritualengland.org.uk)

Online apps and resources



**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

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National mental health database that brings together organisations and charities who offer mental health advice and support, together in one place.

<https://hubofhope.co.uk>

**BeGambleAware**

Free, confidential help for anyone who is worried about their or someone else's gambling.

0808 8020 133

[www.begambleaware.org](http://www.begambleaware.org)

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

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

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**Mental Health and Money Advice**

Helping you understand, manage and improve your mental health and money issues.

[www.mentalhealthandmoneyadvice.org](http://www.mentalhealthandmoneyadvice.org)

**National Debtline – Money Advice Trust**

Provides free debt advice and solutions.

[www.nationaldebtline.org](http://www.nationaldebtline.org)

0808 808 4000

**GOV.UK**

Access a range of financial benefits provided by the government.

[www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits)

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

**National Careers Service**

Provides information, advice and guidance to help you make decisions on learning, training and work.

<https://nationalcareers.service.gov.uk/>

0800 100 900

Online apps and resources