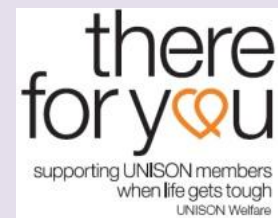


UNISON MENTAL HEALTH ADVICE SHEET

Life as a UNISON activist can be stimulating and rewarding, but UNISON also appreciates that the demands can add to the stresses and strains of everyday life. That's a recipe that can increase the chances of being among the one in four of us who will experience mental health problems at some stage in our working lives. If you feel that you are experiencing any form of mental health problem, this advice sheet is to enable you to get in contact with a trained advisor who can offer help.

UNISON's own There for You service provides confidential advice and support for any member or their dependants experiencing financial or emotional difficulties.

The 0207 121 5620 helpline can offer a valuable initial point of contact to talk things through, but can also direct you toward more specialist support.



However, if you want to talk directly to a trained support worker from a charity specialising in supporting people who are experiencing mental health problems, these are some of the major free advice lines available to you:

SANE – UK-wide mental health charity offering an advice line available 4.30-10.30pm every day of the year on 0300 304 7000 / Web: www.sane.org.uk/

Breathing Space – Scottish charity offering an advice line for anyone feeling low, anxious or depressed. Advice line available Monday-Thursday 6pm to 2am and Friday 6pm to Monday 6am on 0800 83 85 87 / Web: <http://breathingspace.scot/>

Lifeline - The Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Advice line available 24 hours a day, seven days a week on: 0808 808 8000 / Web: www.lifelinehelpline.info/

C.A.L.L. (Community Advice & Listening Line) – Welsh charity offering emotional support and information on mental health. Advice line available 24 hours a day, seven days a week on: 0800 132 737 / Web: www.callhelpline.org.uk

Samaritans – UK wide charity offering support for all forms of acute distress. The advice line is available 24 hours a day, 365 days a year on 116 123 / Web: www.samaritans.org/

Mind - England and Wales based charity that directs callers to sources of local support through its helpline available Monday to Friday, 9am to 6pm, on: 0300 123 3393 / Web: info@mind.org.uk

It also offers a Blue Light info line specifically for emergency service staff, volunteers and their families, during the same hours as the main line on: 0300 303 5999 / Web: bluelightinfo@mind.org.uk

