

# Help and Support

Our mission is to ensure that everyone has access to the help and support that they may need. We also recognize that the struggles we face are individual and very diverse. There is a range of support and services that exist within your organisation and your community. Knowing where to signpost people to is part of the I Am Here journey. We will continually update this resource to ensure that I Am Here Ambassadors have the most up-to-date information.

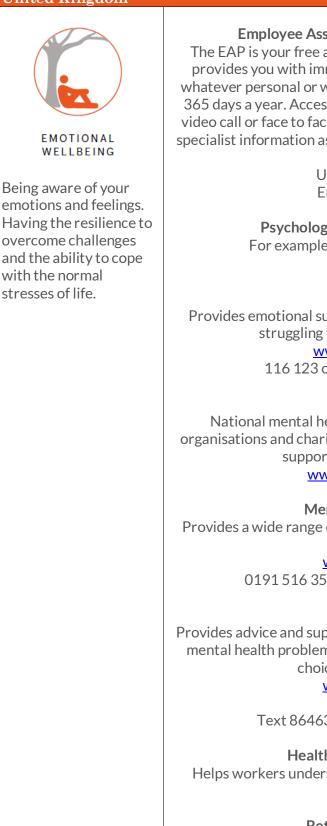
I Am Here groups help and support into six key pillars:



Listed below is the help and support available internally within Orix Aviation and externally in the United Kingdom.



#### United Kingdom



#### Employee Assistance Progamme (EAP) -VHI

l Am Here

The EAP is your free and confidential support service which provides you with immediate help and support in managing whatever personal or work-related issues you are facing, 24/7, 365 days a year. Access counsellors over the phone, arrange a video call or face to face counselling. This service also provides specialist information assistance with legal and financial queries

> UK: 0808 178 0912 Email: eap@vhics.ie

Psychologist, therapist or counsellor For example, <u>www.psychotherapy.org.uk</u> <u>www.bacp.co.uk</u>

Samaritans Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide. <u>www.samaritans.org</u> 116 123 or email 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. www.hubofhope.co.uk

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

> www.mhm.org.uk 0191 516 3500 or email <u>info@mhm.org.uk</u>

> > 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

0300 123 3393 Text 86463 or email <u>info@mind.org.uk</u>

Health and Safety Executive Helps workers understand how they can stay safe and well. <u>www.hse.gov.uk</u>

**Rethink Mental Illness** 





Access a diverse range of mental health services and life- changing support groups. <u>www.rethink.org</u>
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 0808 2000 247
<b>BeGambleAware</b> Free, confidential help for anyone who is worried about their or someone else's gambling. 0808 8020 133 <u>www.begambleaware.org</u>
Alcoholics Anonymous Great Britain Alcoholics Anonymous is 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.alcoholics-anonymous.org.uk 0800 917 7650 or email help@aamail.org
Narcotics Anonymous Great Britain Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. 0300 999 1212 www.ukna.org
<b>NHS: Live Well</b> Advice, tips and tools to help you make the best choices about your health and wellbeing. <u>www.nhs.uk/live-well/</u>
NHS: Every Mind Matters/One You Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health. <u>www.nhs.uk/oneyou</u>
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. <u>www.thecalmzone.net</u> 0800 58 58 58

It's ok not to feel ok; and it's absolutely ok to ask for help.







adequate sleep and sufficient hydration.

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**Personal trainer** 

Physiotherapist/massage therapist For example, <u>www.csp.org.uk</u>

Dietician/nutritionist/nutritional therapist For example, <u>www.freelancedietitians.org</u>

NHS: Live Well Advice, tips and tools to help you make the best choices about your health and wellbeing. <u>www.nhs.uk/live-well/</u>

NHS: Every Mind Matters/One You Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health. <u>www.nhs.uk/oneyou</u>

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

National Domestic Abuse Helpline Provides support in finding specialist services in your community as well as access to specialist refuge accommodation. <u>www.nationaldahelpline.org.uk</u> 0808 2000 247





	Spiritual leader
	Reiki therapist
	For example, <u>www.reikifed.co.uk</u>
	Spiritual England
SPIRITUAL WELLBEING	A place to explore spirituality—the idea that there's something beyond the material world that is meaningful, magical and inspirational.
Having a sense of	www.spiritualengland.org.uk
purpose, connectedness,	Rethink Mental Illness
meaning and harmony	www.rethink.org
that reflects your values and beliefs.	0300 5000 927







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. **Life coach** For example, <u>www.coachfederation.org.uk</u>

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 0808 2000 247

Rethink Mental Illness

Access a diverse range of mental health services and lifechanging support groups. www.rethink.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. www.hubofhope.co.uk

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

www.begambleaware.org 0808 8020 133

## Alcoholics Anonymous Great Britain

Alcoholics Anonymous is 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.alcoholics-anonymous.org.uk 0800 917 7650 or email <u>help@aamail.org</u>

Narcotics Anonymous Great Britain Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

# www.ukna.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

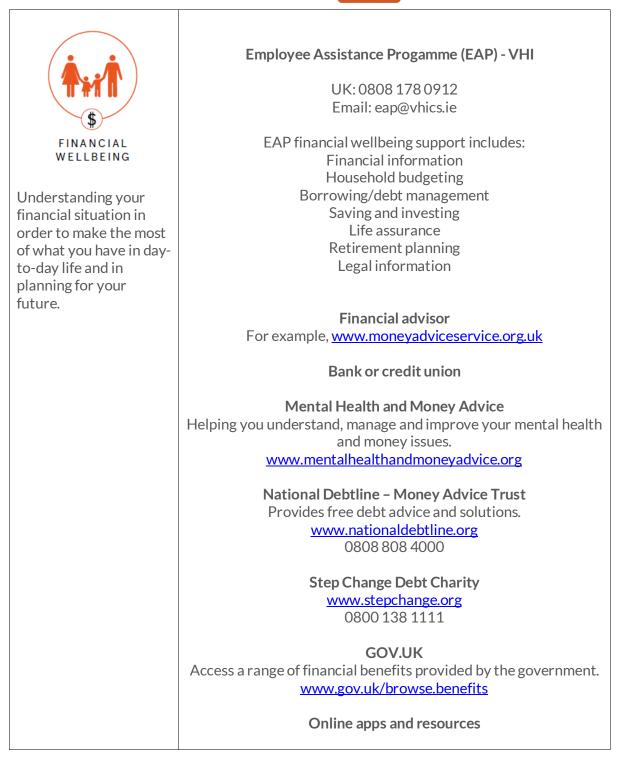




community and catch up with friends during club programmes that fuel the impact Rotary International makes. <u>www.rotary.org</u>











National Careers Service Provides information, advice and guidance to help you make decisions on learning, training and work. <u>www.nationalcareers.service.gov.uk</u> 0800 100 900

GOV.UK Career Skills and Training www.gov.uk/career-skills-and-training

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

WORK AND

CAREER