



B in Bath X So We Glow

Mental Resilience in the Workplace

Resources

Re-watch our Instagram Live anytime
on B in Bath's Instagram TV

WWW.BIB-NETWORK.ORG
WWW.BATHMIND.ORG.UK



Additional Resources

[Online Wellbeing in the Workplace](#)

[Wellbeing Activities](#)

[Why should employers adopt a wellbeing strategy?](#)

[Mental Health at Work Commitment for Employers during COVID-19](#)

[Free Template: Wellness Action Plan](#)

[CIPD Managers Guide to Mental Health](#)

[Supporting staff experiencing a mental health problem](#)

[Being "Mentally Healthy" at Work](#)

[Online Booklet: How to Manage Stress](#)

[Wellbeing at Work Factsheet](#)

[Free Services Nationally, listed by BAATN](#)

If You Need Help Right Now

For those in Bath and North East Somerset:
Bath Mind's [Help Now](#) page

For those based across the UK

SHOUT Crisis Text Line

Anxious, worried, or stressed? Prefer to text with someone rather than speak on the phone? Get 24/7 support from the SHOUT team of Crisis Volunteers. Text 85258.

Samaritans

Can be contacted by telephone, letter, e-mail and mini-com. There's also a face-to-face service, available at their local branches. They are open 24 hours a day, every day of the year.

Telephone: 116 123

Email: jo@samaritans.org

Website: www.samaritans.org

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www.bib-network.org

Sane Line

They work with anyone affected by mental illness, including families, friends and carers. Their helpline is open between 4:40pm and 10pm every day of the year. They also provide a free text-based support service called Textcare. And an online supportive forum community, where anyone can share their experiences of mental health issues.

Telephone: 0300 304 7000 (4:30pm - 10:30pm every evening)

Textcare:

www.sane.org.uk/what_we_do/support/textcare

Support Forum:

www.sane.org.uk/what_we_do/support/supportforum

Website: www.sane.org.uk

Support Line

Support Line provide a confidential telephone helpline offering emotional support to any individual on any issue. Their opening hours vary.

Telephone: 01708 765200

E-mail: info@supportline.org.uk

Website: www.supportline.org.uk

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Papyrus UK

Work with people under 35 who are having suicidal feelings. And with people who are worried about someone under 35. Their helpline is open 10am – 10pm in the week. And between 2pm and 10pm at weekends and bank holidays.

Telephone: 0800 068 41 41

Email: pat@papyrus-uk.org

Text: 07786 209697

Website: www.papyrus-uk.org

C.A.L.M. (Campaign Against Living Miserably)

Aimed specifically at men. Their helpline is open between 5pm and midnight every day of the year.

Telephone (outside London): 0800 58 58 58

Telephone (London): 0808 802 58 58

Webchat: www.thecalmzone.net/help/webchat/ (5pm – Midnight every day)

Website: www.thecalmzone.net

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Silverline

Aimed at people over 55. Their helpline is open 24 hours a day, every day of the year.

Telephone: 0800 4 70 80 90

Website: www.thesilverline.org.uk

The Mix

Aimed at people under 25. Their helpline is open between 4pm and 11pm, 7 days a week. They also run a crisis text service which is open 24 hours a day, 7 days a week.

Telephone: 0808 808 4994

E-mail: through the website.

Crisis text message service: Text THEMIX to 85258

Webchat: through the website. (4pm - 11pm, 7 days a week)

Website: www.themix.org.uk