

# NSPCC

## Mental health at the NSPCC

Your mental health and wellbeing is so important to us. We want to share with you what we are doing as an organisation, as well as share advice, to help you look after your own mental health.

### What is available for you

- [Our Employee Assistance Programme](#)
- [NSPCC inMind](#)
- [Update on Headspace](#)
- [External resources](#)

### Our Employee Assistance Programme

Our Employee Assistance Programme (EAP) provides you with access to:

- online information and advice on 'work life', 'home life', 'mind and body' and 'legal'
- telephone advice
- up to six counselling sessions (contact will usually be via virtual video call but your counsellor will discuss the best way for you to both keep in touch with each other) - for Childline and *Speak out Staysafe* volunteers only.

It is run by an independent company, is completely free and confidential, and is provided to you as part of package of support for your wellbeing.

**EAP is available 24 hours a day, seven days a week.**

You can reach EAP via their helpline **0800 08513 76** and online via [www.well-online.co.uk](http://www.well-online.co.uk) - you'll need to use a Google Chrome browser. To access EAP online, you'll be asked to give a username and password - they are: **username: nspcc and password: wellbeing.**

If you do call the helpline your call will be logged by an external third party and you will be asked to leave your details. A counsellor will then give you a call back.

*Please note, during the current Coronavirus pandemic, email contact is preferred to a phone call. Please email [assist@cic-eap.co.uk](mailto:assist@cic-eap.co.uk) if you need support.*

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CHILDHOOD IS WORTH FIGHTING FOR**

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## NSPCC inMind

[NSPCC inMind](#) is a fantastic resource containing simple and easily accessible mindfulness exercises which have been handpicked for us.

NSPCC in Mind can help you if:

- you're looking for some light touch mindfulness exercises to weave into your day
- you're looking to improve your focus
- you're keen to build your long-term resilience to stress and anxiety
- you're suffering symptoms of stress or anxiety, like issues with sleeping or negative thinking patterns.

## Update on Headspace

It is with sincere regret that we have taken the difficult decision not to renew the Headspace contract when it expires on 31 March 2021. After a full review of our wellness offer, and when all things were considered, we made the decision to direct these resources into supporting children and young people.

If you already have a Headspace account, Headspace have offered us free access until 14 April 2021. After this date, you will be able to keep your account and have access to the free content in the Headspace app and via the website [www.headspace.com/covid-19](http://www.headspace.com/covid-19), but to keep access to the premium content you will have [to subscribe to Headspace Plus](#). If you have a Netflix account, you can access 10 free mindfulness sessions on Netflix, find out more on the [Netflix](#) or [Headspace](#) websites.

## External resources

- [Mind](#) - Mind is a mental health charity and they provide [advice and support](#) to empower anyone experiencing a mental health problem. They [campaign](#) to improve services, raise awareness and promote understanding.
- [Samaritans](#) - Samaritans is a charity that provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide.
- [Shout](#) - Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

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