

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](#)
- [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 Stay safe* 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 085 13 76** and online via 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 if you need support.

NSPCC inMind

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

NSPCC inMind can help you if:

- you're looking for some light touch mindfulness exercises to weave into your day

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NSPCC

- 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.

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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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