

You Matter

24/7 support is available

Urgent or emergency support:

If you're in distress and need urgent support or are at risk of harm from yourself or others

Emotional and mental health support:

If you're feeling anxious or stuck and need more specialist support

Someone to talk to:

If you are feeling worried, or overwhelmed and need a listening ear

24/7 Samaritans, urgent emotional and mental health support: **116 123**

Connection: urgent emotional and mental health support: **0800 652 0190**

Stay Alive Suicide Prevention APP; [Stay Alive App - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](#)

Care First: 24/7 confidential emotional support: **0800 174319**

Contact your GP or phone 111 for urgent support

UHD Psychological Support and Counselling Service:

One-to-one emotional support
Occupational.health@uhd.nhs.uk

One Dorset Wellbeing Hub:
One-to-one emotional support
01202 130130

Steps2Wellbeing, Primary Care Mental Health Service;
[Steps 2 Wellbeing –](#)

Filipino Wellbeing Support Helpline: 0300 303 1115

NHS Bereavement Helpline:
0300 303 4434

Care First: 24/7 confidential emotional support: 0800 174319
www.carefirst-lifestyle.co.uk

'Listening Support': ask for help - have a wellbeing conversation with a manager or colleague:
Organisational.Development@uhd.nhs.uk

Mental Health First Aider (MHFA):
Organisational.Development@uhd.nhs.uk

Care First: for work and non-work related confidential concerns:
0800 174319
www.carefirst-lifestyle.co.uk

Freedom to Speak Up [FTSU] Team:
freedomtospeakup@uhd.nhs.uk
0300 019 4220

Samaritans, NHS Staff Support Line: 0800 069 6222, Text FRONTLINE to 85258