



Need some help? Support is available ...



Advisory, Conciliation and Arbitration Service
0300 123 1100 <https://www.acas.org.uk/>



Tailored specifically for officers, staff and volunteers serving in West Mercia Police, Backup Buddy is one central place for you to get practical advice and tips on key issues to help you maintain good mental health and to spot warning signs for yourself and your colleagues, as well as being a directory of useful contacts. Download it on Android from the Play Store.

Force chaplains

Force chaplains offer care and support for anyone who seeks it, including family members, regardless of their faith or lack of it, in any aspect of their work or personal lives, be it concerning ethical, spiritual, emotional or other matters. A full list of chaplains can be found on the Health and Wellbeing intranet page.

Mobile: **07946 655450**

Email: dick.johnson@westmercia.police.uk



NHS talking therapies services - designed to offer short-term psychological therapies to people suffering from anxiety, depression and stress. It may also be suitable for people who suffer from panic disorder, simple phobia, OCD or PTSD.

Online self-referral:

<https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/>

If you're feeling stressed, anxious or depressed, or just want to feel happier, the NHS is there to help with mood self-assessments along with mental wellbeing audio guides:

<https://www.nhs.uk/conditions/stress-anxiety-depression/>



West Mercia Police's Employee Assistance Programme is available to the workforce 24/7, 365 days a year and can be contacted directly on **0800 882 4102**. Alternatively, download the PAM Assist app and enter username **WMPolice** and password **WMPolice1**.

<https://pam-assist.co.uk/index.html>



Peer supporters and mental health first aiders offer a friendly and informal support service to colleagues across the force by providing a trained, confidential listening ear and assistance in signposting to appropriate in-house and external services to provide additional help and support. A full list of peer supporters can be found on the Health and Wellbeing intranet page.



A charity for serving and former police officers, staff and volunteers and their families. It provides practical, emotional and financial support for those who suffer harm through their policing role. This is confidential and impartial.

0300 012 0030 www.policecare.org.uk



The Police Federation supports police officers - for more information contact the provider, Health Assured, on **0800 328 0003** (24/7) or email the Police Federation on staff@wmpf.polfed.org

SAMARITANS

Whatever you're going through, you can call Samaritans free anytime from any phone on **116 123** or email jo@samaritans.org.uk



The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. <https://www.stayalive.app/>



Contact West Mercia Branch Secretary or the Deputy Branch Secretary, Dave Bryant, on **01905 744505**, visit www.unison.org.uk or call **0800 085 7857**. In addition, Unison provides a confidential advice and support service for members and their dependents called 'There For You' - visit the website for a full list of services.

Welfare officers

Welfare officers offer impartial, clinical and non-judgemental mental wellbeing support for any employee of West Mercia Police, irrespective of rank or position.

Email: welfareofficers@westmercia.police.uk