



# Health & Wellbeing Resources

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## Overview

Wellbeing in the workplace is important because on average, an adult spends one third of their lives at work. This means our working environment can play a big part in our health and wellbeing.

As a Recruitment and Training Company, not only do we take the time to truly understand your skills, requirements, values, and aspirations to ensure we can help you fulfil your career ambitions. We also are committed to providing advice and guidance on health and wellbeing, as well as staying healthy and fit for work.

A commitment to supporting candidates at every stage of their employment / learning journey is a cornerstone of the GEM philosophy. We have dedicated Mental Health First Aiders who will proactively support and signpost you to the most appropriate help.

## Mental Health First Aiders

Our Mental Health First Aiders are;



Stacey Spence  
Automotive Account  
Manager  
07568 429147



Rob Mayman  
Industrial Team Leader  
07848 448461



Rosy Castling  
Account  
Team Leader  
07834 732095



Annie Dorner  
Compliance & Systems  
Manager  
07568 429147



Kelly Lee  
Operations Manager &  
Safeguarding Officer  
07834 732088



Julie Hunter  
HR Manager & Designated  
Safeguarding Lead  
07714 136807



## Mental Health First Aiders



**Kayleigh Johnson**  
Trainer  
07483 040849



Ruth Jackson  
Audit &  
Compliance Manager  
07848 448458



Luke Golder  
Trainer  
07483 040825



Jamie Beckwith  
Account Coordinator  
07848 448464



## Mental Health

For urgent advice and support  
NHS 111 – 111.nhs.uk

Medical Emergency  
999

Welfare Check  
101

Social Care Direct (vulnerable adults or children – section 42 assessment)  
03000 267979

Crisis Team  
TEWV Crisis Team (County Durham & Teesside)  
0800 0501171 – [www.tewv.nhs.uk/crisisadvice](http://www.tewv.nhs.uk/crisisadvice)

Newcastle / Gateshead  
0800 6522863

Sunderland / South Tyneside  
0800 6522868

### Able Futures

Mental health support for people at work. Nine months advice and guidance from mental health specialists who can help you learn coping mechanisms, build resilience, access therapy or work with your employer to make adjustments in the work place. Call Able Futures free on 0800 321 3137 from 8am to 10.30pm, Monday to Friday.

<https://able-futures.co.uk/individuals>

### Shout text service

Free confidential 24/7 messaging service for anyone who is struggling to cope. They support people who are stressed, anxious, depressed, suicidal or overwhelmed and need immediate support.

TEXT 85258

### Talking Therapies

Talking therapies, or psychological therapies, are effective and confidential treatments delivered by fully trained and accredited NHS practitioners. They can help with common mental health problems like stress, anxiety and depression.

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

### Recovery College Online

Providing a range of online educational courses and resources to people who might be struggling with mental health issues.

<https://www.recoverycollegeonline.co.uk/>

<https://www.recoverycollegeonline.co.uk/young-people/>

### Young Minds

Young Minds are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need.

<https://www.youngminds.org.uk/>

### Durham CAHMS – Children and Young People Services

0300 1239296

<https://www.nenc-healthiertogether.nhs.uk/health-for-young-people/mental-health-and-wellbeing>

### Counselling Support

Talking Changes (Mental Health) – 0191 333 3300 – [www.talkingchanges.org.uk](http://www.talkingchanges.org.uk)

North East Counselling – 0191 466 1314 – [www.necounselling.org.uk](http://www.necounselling.org.uk)

MIND (Mental Health) – 0300 123 3393 – [www.mind.org.uk](http://www.mind.org.uk)

### General Mental Health Information

Rethink Advice & Info Service – 0800 8008088

### Crisis and Emotional Support

SaneLine – 0300 3047000 – [www.sane.org.uk](http://www.sane.org.uk)

### Anxiety

Anxiety UK – 03444 775774 – [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

No Panic – 0300 7729844 – [www.nopanic.org.uk](http://www.nopanic.org.uk)

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OCD Action – 0300 6365478 – [www.ocdaction.org.uk](http://www.ocdaction.org.uk)  
Triumph Over Phobia – 01225 571740 – [www.topuk.org](http://www.topuk.org)

#### Depression

Association for Postnatal Illness – 0207 3860868 – [www.apni.org](http://www.apni.org)  
Bipolar UK – [www.bipolaruk.org](http://www.bipolaruk.org)  
Charlie Waller Memorial Trust – 01635 869754 – [www.cwmt.org.uk](http://www.cwmt.org.uk)  
Depression UK – [www.depressionuk.org](http://www.depressionuk.org)  
Pandas Foundation – 0808 1961776 – [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

#### Self Help Resources

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/exercise-for-depression/>  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/>  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>  
<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/>

## Self Harm & Suicide

If You Care Share (Mental Health) – 0191 387 5661 – [www.ifucareshare.co.uk](http://www.ifucareshare.co.uk)  
CALM – 0800 585858 – [www.thecalmzone.net](http://www.thecalmzone.net)  
Papyrus – 0800 0684141

## Drug & Alcohol misuse and addiction

Advice on Drugs – 03001236600 – [www.talktofrank.com](http://www.talktofrank.com)  
Alcohol Advice – 03001231110 – [www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
Adfam – 020 38179410 – [www.adfam.org.uk](http://www.adfam.org.uk)  
Alcoholic Anonymous – 0800 9177650 – [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)  
Alcoholic Changes UK – 020 39078480 – [www.alcoholicschange.org.uk](http://www.alcoholicschange.org.uk)  
Cocaine Anonymous – 0800 6120225 – [www.cauk.org.uk](http://www.cauk.org.uk)  
Drink Aware – 0207 7669900 – [www.drinkaware.co.uk](http://www.drinkaware.co.uk)  
Talk to Frank – 0300 1236600 – TEXT 82111 – [www.talktofrank.com](http://www.talktofrank.com)  
UK SMART Recovery – [www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

#### Self Help Resources

<https://www.nhs.uk/live-well/addiction-support/drug-addiction-getting-help/>  
<https://www.nhs.uk/live-well/addiction-support/heroin-get-help/>  
<https://www.nhs.uk/live-well/addiction-support/cocaine-get-help/>  
<https://www.nhs.uk/live-well/addiction-support/advice-for-the-families-of-drug-users/>  
<https://www.nhs.uk/live-well/addiction-support/addiction-what-is-it/>  
<https://www.nhs.uk/live-well/alcohol-advice/calculating-alcohol-units/>  
<https://www.nhs.uk/live-well/alcohol-advice/alcohol-support/>  
<https://www.nhs.uk/live-well/alcohol-advice/calories-in-alcohol/>

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<https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much/>  
<https://www.nhs.uk/live-well/alcohol-advice/tips-on-cutting-down-alcohol/>

## Bereavement

CRUSE Bereavement Care – Tees Valley & Durham – 01325 288 633 – [www.crusenortheast.org.uk](http://www.crusenortheast.org.uk)  
CRUSE Bereavement Care – Tyneside – 0191 276 5533 – [www.cruse.org.uk](http://www.cruse.org.uk)  
Bereavement Advice Centre – 0800 6349494 – [www.bereavementadvice.org](http://www.bereavementadvice.org)  
Child Bereavement UK – 0800 0288840  
Survivors of Bereavement by Suicide – 0300 1115065 – [www.uk-sobs.org.uk](http://www.uk-sobs.org.uk)

## Eating Disorder

ABC – 0300 0111213 – [www.anorexiabulimiacare.org.uk](http://www.anorexiabulimiacare.org.uk)  
Beat – 0808 8010677 (over 18's) – 0808 8010811 (Student/Youth) – [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)  
Eating Disorders Association – 0345 634 1414

## Financial Difficulties / Debt

Loan Shark Support – North East – 07557 203149  
Durham Savers – 03000 264256 / 07584 262675 – [durhamsaversproject@durham.gov.uk](mailto:durhamsaversproject@durham.gov.uk)  
Durham County Council – Debt Advice and Financial Help – <https://www.durham.gov.uk/debtadvice>  
HMRC (Tax) – 0300 200 3300 – [www.gov.uk/contact-hmrc](http://www.gov.uk/contact-hmrc)  
National Debt Line – 0800 808 4000 – [www.nationaldebtline.org](http://www.nationaldebtline.org)  
Step Change Debt Charity – 0800 138 1111 – [www.stepchange.org](http://www.stepchange.org)  
The Money Advice Service – 0800 138 7777 – [www.moneyadviceservice.org.uk](http://www.moneyadviceservice.org.uk)  
Money Saving Expert – <https://www.moneysavingexpert.com/>  
Advice In County Durham – <https://adviceincountydurham.org.uk/>  
Credit Union – <https://www.nefirstcu.co.uk/>  
Stop Loan Sharks – <https://www.stoploansharks.co.uk/>  
Cornforth Partnership – <https://cornforthpartnership.org/>

## Sexual Harassment / Consent

Childline – [www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/)  
Sexual Consent – <https://www.healthline.com/health/guide-to-consent>  
Consent – [www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)  
Sexually Transmitted Infections advice – [www.nhs.uk](http://www.nhs.uk)

### Self Help Resources

<https://www.nhs.uk/live-well/sexual-health/where-can-i-get-sexual-health-advice-now/>  
<https://www.nhs.uk/live-well/sexual-health/confidentiality-at-sexual-health-services/>

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<https://www.nhs.uk/live-well/sexual-health/visiting-an-sti-clinic/>  
<https://www.nhs.uk/live-well/sexual-health/sexual-health-for-gay-and-bisexual-men/>  
<https://www.nhs.uk/live-well/sexual-health/sexual-health-for-lesbian-and-bisexual-women/>  
<https://www.nhs.uk/live-well/sexual-health/sex-activities-and-risk/>  
<https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/>

## Abuse

NSPCC – 0808 8005000 – [www.nspcc.org.uk](http://www.nspcc.org.uk)  
NAPAC – 0808 8013331 – [www.napac.org.uk](http://www.napac.org.uk)  
One if Four – 0208 6972112 – [www.oneinfour.org.uk](http://www.oneinfour.org.uk)  
Rape Crisis – 0808 802999 – [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)  
Survivors UK – 020 33221860 – [www.survivorsuk.org](http://www.survivorsuk.org)

## Domestic Violence

Habour – 03000 202525 – [www.myhabour.org.uk](http://www.myhabour.org.uk)  
National Centre for Domestic Violence – 0800 970 2070 – [www.ncdv.org.uk](http://www.ncdv.org.uk)  
Women’s Aid – [www.womensaid.org.uk](http://www.womensaid.org.uk)

Clare’s Law is a national scheme that ensures people can make informed decisions about their relationship and escape if necessary. Anyone can apply to use Clare’s Law and request information from the police.

The domestic violence disclosure scheme is free and always 100% confidential. So if you’re worried about your own relationship, or someone else’s, ask us to check the record – you have nothing to lose and everything to gain.

<https://beta.northumbria.police.uk/advice-and-info/personal-safety/clare-s-law-domestic-violence-disclosure-scheme/>

<https://www.durham.police.uk/Advice-Centre/Personal-safety/Clares-Law.aspx>

<https://www.cleveland.police.uk/advice/advice-and-information/daa/domestic-abuse/alpha2/request-information-under-clares-law/>

## Bullying

National Bullying Helpline – 0845 2255787 – [www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

## Stop Smoking

NHS Smoking helpline – 0300 123 1044 – [www.nhs.uk/smokefree](http://www.nhs.uk/smokefree)

Self Help Resources

<https://www.nhs.uk/live-well/quit-smoking/nhs-stop-smoking-services-help-you-quit/>

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<https://www.nhs.uk/live-well/quit-smoking/using-e-cigarettes-to-stop-smoking/>  
<https://www.nhs.uk/live-well/quit-smoking/passive-smoking-protect-your-family-and-friends/>  
<https://www.nhs.uk/live-well/quit-smoking/paan-bidi-and-shisha-risks/>  
<https://www.nhs.uk/live-well/quit-smoking/stopping-smoking-mental-health-benefits/>

## Physical Activity

### Self Help Resources

<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>  
<https://www.nhs.uk/live-well/exercise/exercise-guidelines/>  
<https://www.nhs.uk/live-well/exercise/strength-and-flexibility-exercises/>  
<https://www.nhs.uk/live-well/exercise/running-and-aerobic-exercises/>  
<https://www.nhs.uk/conditions/nhs-fitness-studio/>

## Sleep and Tiredness

### Self Help Resources

<https://www.nhs.uk/live-well/sleep-and-tiredness/why-am-i-tired-all-the-time/>  
<https://www.nhs.uk/live-well/sleep-and-tiredness/self-help-tips-to-fight-fatigue/>  
<https://www.nhs.uk/live-well/sleep-and-tiredness/bedtime-meditation/>

## Healthy Eating

Sugar Smart – [Hannah.murray-leslie@durhamcommunityaction.org.uk](mailto:Hannah.murray-leslie@durhamcommunityaction.org.uk) – [www.sugarsmartuk.org](http://www.sugarsmartuk.org)

### Self Help Resources

<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>  
<https://www.nhs.uk/live-well/healthy-weight/managing-your-weight/>  
<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/>  
<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/>  
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/>  
<https://www.nhs.uk/live-well/eat-well/5-a-day/>  
<https://www.nhs.uk/live-well/eat-well/food-types/>  
<https://www.nhs.uk/live-well/eat-well/digestive-health/>

## Gambling

Gambling Anonymous.org – 03330 0940322 – [www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)  
GamCare (Gambling Support) – 0808 8020 133 – [www.gamcare.org.uk](http://www.gamcare.org.uk)

### Self Help Resources

<https://www.nhs.uk/live-well/addiction-support/gambling-addiction/>

## Sofa Surfing / Homeliness

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Durham County Council Housing Solutions – 03000 268000 – [www.durham.gov.uk/housingsolutions](http://www.durham.gov.uk/housingsolutions)  
Centre Point – 0800 5875158 – [www.centrepoin.org.uk](http://www.centrepoin.org.uk)  
Shelter – 0808 8004444 – [www.england.shelter.org.uk/get\\_help](http://www.england.shelter.org.uk/get_help)

## Food Banks

East Durham Trust  
Community House  
Yoden Road  
Peterlee  
SR8 5DP  
0191 569 3511

Gateshead Food Bank  
The Davidson Building  
Gateshead Hwy  
NE8 1BG  
07496 840720

Hartlepool Food Bank  
28 Church Street  
Hartlepool  
TS24 7DH

Middlesbrough Food Bank  
Unit 5 Wear Court  
Wallis Road  
Skippers Lane Industrial Estate  
Middlesbrough  
TS6 6DU

Billingham and Stockton Food Bank  
4 – 6 West Precinct  
Billingham  
TS23 2NH

St Clares Church  
St Cuthberts Way  
Newton Aycliffe  
DL5 5NT

## Cancer Awareness

Melanoma Me – 0191 4174500 / 07799130078 – [www.melanoma-me.org.uk](http://www.melanoma-me.org.uk)

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Cancer Research UK – 07501 464623 / [www.cancerawarenessroadshow.org](http://www.cancerawarenessroadshow.org)

## Counter Terrorism

<https://www.counterterrorism.police.uk/northeast/>

<https://www.counterterrorism.police.uk/ctp-north-east-launch-winter-vigilance-campaign/>

<https://act.campaign.gov.uk/>

## Modern Slavery

[www.durham.police.uk/Advice-Centre/Personal-safety/Modern-slavery-and-human-trafficking](http://www.durham.police.uk/Advice-Centre/Personal-safety/Modern-slavery-and-human-trafficking)

<https://crimestoppers-uk.org/keeping-safe/community-family/modern-slavery>

<https://www.nationalcrimeagency.gov.uk/what-we-do/crime-threats/modern-slavery-and-human-trafficking>

Gangmasters Labourer Abuse Authority – <https://www.gla.gov.uk/report-issues/>

## Other useful websites

Childline – 0800 1111 – [www.childline.org.uk](http://www.childline.org.uk)

DIAL – 0800 800 3333 – [www.scope.org.uk](http://www.scope.org.uk)

Get Connected – 0808 808 4994 – [www.getconnected.org.uk](http://www.getconnected.org.uk)

Mencap (Learning disability support) – 0808 808 1111 – [www.mencap.org.uk](http://www.mencap.org.uk)

Citizens Advice Bureau – 03454 04 05 06 – [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

ACAS – 0300 123 1150 – [www.acas.org.uk](http://www.acas.org.uk)

Alzheimer’s Society – 0191 3890400 – [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

Miss Menopause – 0779 3291409 – [sharon@redhandbag.co.uk](mailto:sharon@redhandbag.co.uk)

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