

## Mental Health in your Workplace: Topics and Issues

# Signposting and Helpful Numbers

Remember that signposting to a GP is a good first step to support an employee with if they are not already receiving care for their mental health.

If someone is in a crisis situation, or are at risk of harming themselves or others, you can call 999.

### Anxiety UK

03444 775 774 (helpline)

07537 416 905 (text)

[anxietyuk.org.uk](http://anxietyuk.org.uk)

### Beat

Offers support with eating disorders

0808 801 0677

[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

### No Panic

Provides a helpline, step-by-step programmes, and support for people with anxiety disorders.

0300 7729844

[nopanics.org.uk](http://nopanics.org.uk)

### Papyrus HOPELINEUK

Confidential support for under-35s at risk of suicide and others who are concerned about them. Open daily from 9am-midnight

0800 068 41 41

07860039967 (text)

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