

There's a whole host of other organisations out there to offer help when you need it most. Here's a few of them:



Helping you explore your options so you can make decisions that are right for you.



116 123



jo@samaritans.org



samaritans.org

**NATIONAL  
DEBTLINE**

A free and confidential advice service to help you improve your financial situation and take control of your debts.



0808 808 4000



nationaldebtline.org

We want everyone at Thames Water to work in a positive and supportive environment.

To help bring mental health to people's attention, we encourage you to remember the SPOT principles:



**S**ee the signs

**P**rovide opportunities to talk

**O**ffer a listening ear

**T**alk to a professional

**1 in 4**

people in the UK will experience a mental health problem each year.

**1 in 8**  
will seek out help.



## Mental health first aid



# Talk to me.

Our qualified mental health first aiders are here to listen, talk and help you find the right support.

Search 'MHFA' on the portal to find out more.



Look  
for my  
badge:



## WorkplaceWellness™

Our Thames Water employee assistance programme (EAP) offers a free, confidential service to help you prepare for, and cope with, life's challenges.



(username: [redacted])

## relate

the relationship people

Offering a free and completely confidential chat with a trained relationship counsellor.



0300 100 1234



relate.org.uk



## family lives

For professional, non-judgmental support and advice that all members of the family can freely access.



0808 800 2222



familylives.org.uk



Dedicated to helping individuals and businesses recognise and reduce stress.



0203 142 8650



stress.org.uk

## change 4 life

Ideas to help your kids stay healthy while learning and having fun.



nhs.uk/change4life

BECAUSE THERE'S ONLY  
**ONE YOU**

Supporting you to make simple changes towards a longer and happier life.



nhs.uk/oneyou