



Health & Wellbeing Resources

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

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

North East Counselling – 0191 466 1314 - www.necounselling.org.uk

MIND (Mental Health) – 0300 123 3393 - 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

Anxiety

Anxiety UK – 03444 775774 - www.anxietyuk.org.uk

No Panic – 0300 7729844 - www.nopanic.org.uk

OCD Action – 0300 6365478 – www.ocdaction.org.uk
Triumph Over Phobia – 01225 571740 – www.topuk.org

Depression

Association for Postnatal Illness – 0207 3860868 – www.apni.org
Bipolar UK – www.bipolaruk.org
Charlie Waller Memorial Trust – 01635 869754 – www.cwmt.org.uk
Depression UK – www.depressionuk.org
Pandas Foundation – 0808 1961776 – 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
CALM – 0800 585858 – www.thecalmzone.net
Papyrus – 0800 0684141

Drug & Alcohol misuse and addiction

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

<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
CRUSE Bereavement Care – Tyneside – 0191 276 5533 – www.cruse.org.uk
Bereavement Advice Centre – 0800 6349494 – www.bereavementadvice.org
Child Bereavement UK – 0800 0288840
Survivors of Bereavement by Suicide – 0300 1115065 – www.uk-sobs.org.uk

Eating Disorder

ABC – 0300 0111213 – www.anorexiabulimiare.org.uk
Beat – 0808 8010677 (over 18's) – 0808 8010811 (Student/Youth) – 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
Durham County Council – Debt Advice and Financial Help – <https://www.durham.gov.uk/debtadvice>
HMRC (Tax) – 0300 200 3300 – www.gov.uk/contact-hmrc
National Debt Line – 0800 808 4000 – www.nationaldebtline.org
Step Change Debt Charity – 0800 138 1111 – www.stepchange.org
The Money Advice Service – 0800 138 7777 – 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 / Rape

Childline – 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
Sexually Transmitted Infections advice – www.nhs.uk
Rape Crisis – 0808 500 2222 <https://rapecrisis.org.uk/get-help/want-to-talk/>
The Survivors Trust – 0808 801 0818 or text 07860 022 956 <https://thesurvivorstrust.org/our-helpline/>

Dealing with sexual harassment in the workplace;
ACAS Helpline – 0300 123 1100 <https://www.acas.org.uk/contact>
Getting Legal Advice – <https://www.acas.org.uk/getting-legal-advice>
Equality Advisory and Support Services (EASS) – 0808 800 0082 /
<https://www.equalityadvisoryservice.com/>

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/>
<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
NAPAC – 0808 8013331 – www.napac.org.uk
One if Four – 0208 6972112 – www.woneinfour.org.uk
Rape Crisis – 0808 802999 – www.rapecrisis.org.uk
Survivors UK – 020 33221860 – www.survivorsuk.org

Domestic Violence

Habour – 03000 202525 – www.myhabour.org.uk
National Centre for Domestic Violence – 0800 970 2070 – www.ncdv.org.uk
Women's Aid – 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

Stop Smoking

NHS Smoking helpline - 0300 123 1044 - www.nhs.uk/smokefree

Self Help Resources

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

<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 - 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
GamCare (Gambling Support) – 0808 8020 133 – www.gamcare.org.uk

Self Help Resources

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

Sofa Surfing / Homeliness

Durham County Council Housing Solutions – 03000 268000 – www.durham.gov.uk/housingsolutions
Centre Point – 0800 5875158 – www.centrepoin.org.uk
Shelter – 0808 8004444 – 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
Cancer Research UK – 07501 464623 / 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
<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
DIAL – 0800 800 3333 – www.scope.org.uk
Get Connected – 0808 808 4994 – www.getconnected.org.uk
Mencap (Learning disability support) – 0808 808 1111 – www.mencap.org.uk
Citizens Advice Bureau – 03454 04 05 06 – www.citizensadvice.org.uk
ACAS – 0300 123 1150 – www.acas.org.uk
Alzheimer’s Society – 0191 3890400 – www.alzheimers.org.uk
Miss Menopause – 0779 3291409 – sharon@redhandbag.co.uk
