

To improve mental wellbeing at Network Rail

I pledge to support the mental wellbeing of others by

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I pledge to improve my personal mental wellbeing by

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Working for you

What support services are available?

NetworkRail

Organisation	Description	Telephone	Website
Validium (NR)	Network Rail's Employee Assistance Programme. Calls are answered by professional counsellors.	0800 358 48 58	www.Validium.com Username: NetworkRail Password: onlinesupport
OH Assist (NR)	Network Rail's Occupational Health referrals, including those relating to mental wellbeing, and to access: <ul style="list-style-type: none"> - Medication Enquiry Line - Physiotherapy with Rehab Works 	0330 008 5105	https://networkrail.ohassist.com/ http://connectdocs/NetworkRail/Documents/CorporateServices/HR/HRSharedServices/OH%20Provider.pdf
Employee helpline (NR)	This is provided by HR Direct and is available for all NR employees.	0844 371 0115	
Mind	Guide for seeking help for mental health problems.	0300 123 3393 (9am-6pm Monday to Friday) or text 86463	https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/where-to-start/?o=24608#.W9AsmLD2apr
Rethink	Have advice on what to do in a crisis.	0300 5000 927	https://www.rethink.org/helpnow
Saneline	National mental health helpline providing information and support to people with mental health problems and those who support them.	0300 304 7000	www.sane.org.uk/what_we_do/support/help_line
The Mix	Provides information and support for young people ages 13-25 on a range of issues, including mental health.	0808 808 4994 Text 'THEMIX' to 85258 for crisis support	www.themix.org.uk/get-support
Samaritans	Provides confidential, non-judgement emotional support for people experiencing or feeling distress or despair	116 123 (24 hours a day, free to call)	www.samaritans.org
ChildLine	Private and confidential service for children and young people up to the age of 19.	0800 1111	www.childline.org.uk
Elefriends	Supportive online community where you can be yourself, its run by Mind.	N/A	http://elefriends.org.uk/
Safety Central (NR)	A wealth of information on how to support your own mental wellbeing and, if you're a manager, how you can support the mental wellbeing of people in your team.	N/A	https://safety.networkrail.co.uk/healthandwellbeing/