

NHS support for our people

NHS Staff Support Line

For staff that have had a tough day, are feeling worried or overwhelmed, or need to talk.

Text FRONTLINE to 85258 for support 24/7 via text.

NHS Urgent Mental Health Helpline

For staff that require urgent mental health advice or support.

See [NHS Website here](#).

Suicide Support

For staff experiencing suicidal thoughts or have made clear plans to end their life.

Call Samaritans **116 123**, for free 24 hours a day. If you or someone else is in **immediate danger please call 999** and ask for the for an ambulance or go straight to A&E.

Financial Wellbeing

For staff that require support with financial wellbeing.

Call **0800 448 0826** or WhatsApp **+44 7701 342 744**. See [NHS Website here](#).

Substance Misuse Support

For staff that require support with substance misuse.

- Alcohol misuse: See [NHS Website here](#).
- Getting help with drug addiction: See [NHS Website here](#).

Domestic Abuse Support

For staff experiencing Domestic Abuse.

- **Women and children** call the 24 hour National Domestic Abuse Helpline on **0808 2000 247**.
- **Men** call Men's Advice Line **0808 801 0327**, Mon–Fri 10am–8pm.

Staff mental health and wellbeing hubs

For staff that require rapid access to local evidence-based mental health services and support where needed.

See [NHS Website here](#).

National Support

For staff that require further support on a range of issues.

See [NHS Website here](#).