



**Headtorch**

# **Headtorch™** **WORKS**

*...creating a mentally healthy workplace  
makes good business sense*

## **Useful Links and Helplines**

This list of useful links and helplines provides a sample of organisations with a focus on mental health and well-being, mainly based within the United Kingdom.

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## Advance Statement (Directive) or Recovery Action Plan

East London NHS Foundation Trust	<a href="http://www.eastlondon.nhs.uk/">www.eastlondon.nhs.uk/</a>
Health & Safety Executive	<a href="http://www.hse.gov.uk/stress/furtheradvice/guidance.htm">www.hse.gov.uk/stress/furtheradvice/guidance.htm</a>
Mind	<a href="http://www.mind.org.uk/media/43719/EMPLOYERS_guide.pdf">www.mind.org.uk/media/43719/EMPLOYERS_guide.pdf</a>
Rethink: <u>Advance Statements - Planning For The Future Factsheet</u>	<a href="http://www.rethink.org/resources/a">www.rethink.org/resources/a</a> (Please note: refers to English legislation)

## The Equality Act 2010

ACAS	<a href="http://www.acas.org.uk">www.acas.org.uk</a> <a href="http://www.acas.org.uk/Equality-Act-2010-guide-for-employers.pdf">Equality-Act-2010-guide-for-employers.pdf</a>
General Guidance on the Equality Act	<a href="http://www.equalityhumanrights.com/legal-and-policy/legislation/equality-act-2010/equality-act-guidance-codes-practice-and-technical-guidance">www.equalityhumanrights.com/legal-and-policy/legislation/equality-act-2010/equality-act-guidance-codes-practice-and-technical-guidance</a>
Government Guidance on the Equality Act	<a href="http://www.gov.uk/equality-act-2010-guidance">www.gov.uk/equality-act-2010-guidance</a>

## Helplines

Breathing Space	<a href="http://www.breathingspace.scot">www.breathingspace.scot</a> 0800 83 85 87 (free)
Lifeline Helpline	<a href="http://www.lifelinehelpline.info/">www.lifelinehelpline.info/</a> 0808 808 8000 (Free to people living in Northern Ireland who are calling from UK landlines and mobiles)
NHS: Mental Health Helplines	<a href="http://www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx">www.nhs.uk/conditions/stress-anxiety-depression/pages/mental-health-helplines.aspx</a>
NHS24	<a href="http://www.nhs24.com">www.nhs24.com</a> 111 (free)
The Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a> 08457 90 90 90 (Calls cost 2 pence per minute, plus your phone company's access charge)

## Mental Health Continuum

Well Scotland	<a href="http://www.wellscotland.info/about">www.wellscotland.info/about</a>
Workplace Mental Health Promotion	<a href="http://wmhp.cmhaontario.ca/workplace-mental-health-core-concepts-issues/what-is-mental-health-and-mental-illness">wmhp.cmhaontario.ca/workplace-mental-health-core-concepts-issues/what-is-mental-health-and-mental-illness</a>

## Mental Health First Aid

England	<a href="http://www.mhfaengland.org/">www.mhfaengland.org/</a>
Northern Ireland	<a href="http://www.publichealth.hscni.net/">www.publichealth.hscni.net/</a>
Scotland	<a href="http://www.smhfa.com">www.smhfa.com</a>
Wales	<a href="http://www.mhfa-wales.org.uk/">www.mhfa-wales.org.uk/</a>

## Mindfulness / Happiness Empathy/ Vulnerability

Ajahn Brahm - Happiness and Self-healing through Mindfulness	<a href="http://www.youtube.com/watch?v=NMYJoY5gPKg">www.youtube.com/watch?v=NMYJoY5gPKg</a>
Brene Brown on Empathy	<a href="http://www.youtube.com/watch?v=1Evwgu369Jw">www.youtube.com/watch?v=1Evwgu369Jw</a>
Brene Brown - Power of Vulnerability	<a href="http://www.ted.com/talks/brene_brown_on_vulnerability">www.ted.com/talks/brene_brown_on_vulnerability</a>
Matthieu Ricard on Happiness - part 1	<a href="http://www.youtube.com/watch?v=NFS0dZSTPLg">www.youtube.com/watch?v=NFS0dZSTPLg</a>
Ruby Wax - What's so funny about mental illness?	<a href="https://www.bing.com/videos/search?q=ruby+wax+ted+talk&amp;view=detail&amp;mid=034D1CB97F1B583877AE034D1CB97F1B583877AE&amp;FORM=VIRE">https://www.bing.com/videos/search?q=ruby+wax+ted+talk&amp;view=detail&amp;mid=034D1CB97F1B583877AE034D1CB97F1B583877AE&amp;FORM=VIRE</a>
Dr Mark Williams - Mindfulness for life	<a href="http://www.youtube.com/watch?v=gQfKpPpOxBM">www.youtube.com/watch?v=gQfKpPpOxBM</a>
BeMindful	<a href="http://www.bemindful.co.uk">www.bemindful.co.uk</a>
How the Headspace app works	<a href="https://youtu.be/kEpOF7vUymc">https://youtu.be/kEpOF7vUymc</a>
Living Life to the Full - online CBT (free)	<a href="http://www.lltff.com/">www.lltff.com/</a>
Meditation 101: A Beginner's Guide Animation	<a href="https://youtu.be/rqoxYKtEWEc">https://youtu.be/rqoxYKtEWEc</a>

## England & UK Wide

Bipolar UK	<a href="http://www.bipolaruk.org.uk/">www.bipolaruk.org.uk/</a>
Centre for Mental Health	<a href="http://www.centreformentalhealth.org.uk/">www.centreformentalhealth.org.uk/</a>
Duradiamond Healthcare	<a href="http://www.duradiamondhealthcare.com/">www.duradiamondhealthcare.com/</a>
Health & Safety Executive	<a href="http://www.hse.gov.uk">www.hse.gov.uk</a>
Mental Health Foundation	<a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a>
Mind	<a href="http://www.mind.org.uk">www.mind.org.uk</a>
SANE	<a href="http://www.sane.org.uk">www.sane.org.uk</a>
The Mindful Employer	<a href="http://www.mindfulemployer.net">www.mindfulemployer.net</a>
Time to Change	<a href="http://www.time-to-change.org.uk">www.time-to-change.org.uk</a>

## Northern Ireland

Aware Defeat Depression	<a href="http://www.aware-ni.org">www.aware-ni.org</a>
Lighthouse	<a href="http://www.lighthousecharity.com">www.lighthousecharity.com</a>
Minding Your Head	<a href="http://www.mindingyourhead.info/topics/mental-health">www.mindingyourhead.info/topics/mental-health</a>
Northern Ireland Association for Mental Health	<a href="http://www.niamhwellbeing.org">www.niamhwellbeing.org</a>
Together for You	<a href="http://www.togetherforyou.org.uk">www.togetherforyou.org.uk</a>

## Scotland

Depression Alliance Scotland	<a href="http://www.depressionalliance.org">www.depressionalliance.org</a>
Fit for Work	<a href="http://www.fitforworkscotland.scot">www.fitforworkscotland.scot</a>
Healthy Working Lives	<a href="http://www.healthyworkinglives.com">www.healthyworkinglives.com</a> 0800 019 2211 (free)
Living Life	<a href="http://www.nhs24.com/usefulresources/livinglife/">www.nhs24.com/usefulresources/livinglife/</a>
NHS Inform	<a href="http://www.nhsinform.co.uk">www.nhsinform.co.uk</a>
Scottish Association for Mental Health	<a href="http://www.samh.org.uk">www.samh.org.uk</a>
Scottish Recovery Network	<a href="http://www.scottishrecovery.net">www.scottishrecovery.net</a>
See Me Scotland	<a href="http://www.seemescotland.org">www.seemescotland.org</a>

## Wales

Gofal	<a href="http://www.gofal.org.uk">www.gofal.org.uk</a>
Hafal	<a href="http://www.hafal.org">www.hafal.org</a>
Healthy Working Wales	<a href="http://www.healthyworkingwales.com">www.healthyworkingwales.com</a>
Mental Health Wales	<a href="http://www.mentalhealthwales.net/mhw/help.php">www.mentalhealthwales.net/mhw/help.php</a>
Mind Cymru	<a href="http://www.mind.org.uk/mind_cymru">www.mind.org.uk/mind_cymru</a>
Time to Change Wales	<a href="http://www.timetochangewales.org.uk">www.timetochangewales.org.uk</a>