

Ask for support | Talk to someone | Get practical help

Green

Are you coping well with changing or challenging circumstances?

That's fantastic! Keep doing what you are doing and stay well.

- Take the time to take a breath
- Have a regular emotional, mental and physical 'check-in' with yourself and others
- Think about your growth or inspiration



Amber

Do you feel you are not coping as well?

Which areas have started to suffer; sleep, motivation or maybe personal relationships?

- This may be a normal reaction to abnormal circumstances
- Stay compassionate towards yourself and others
- Talk through your needs and challenges with someone you trust
- Identify and focus on areas requiring immediate help
- Explore resources and support available to you, including Mental Health and Wellbeing Hubs



Have you noticed increased levels of anxiety, worry or low mood?

Red

Have things started to become unmanageable?

Do you feel you have reached a crisis point? Are you struggling with suicidal thoughts?

- The crisis will pass, but help is needed
- Reach out for support to move away from the 'red zone'
- Talk to someone. Acknowledging and talking about suicide does not increase the likelihood of a person taking their life. It may reduce the risk of suicide and help improve your mental health.

Are usual coping mechanisms not working?

Support is available to help you get through this.

- **Local Mental Health and Wellbeing Hub**
- **Samaritans** - call 116 123 for free
- **Your GP** will signpost to local Mental Health services
- **Stay Alive App** - <https://www.stayalive.app/>
- **Text FRONTLINE** to 85258 for 24/7 support



Worried about someone else?



- Talk to them and share your concerns
- Help them consider what support is needed by asking the right questions
- Signpost them to the relevant help with their agreement or by escalation
- Get support yourself

If you suspect that someone is a risk to themselves, as a colleague or manager, you have a duty of care to get support for them.

- **Stay in contact with them and if required take them to A&E**
- **Call 111, option 2 for assistance from the local mental health crisis support team**

