

The Staff Psychology Service is not an alternative to community-based mental health services or urgent/crisis support.



Looking for support to discuss personal matters?

Our **Employee Assistance Programme (Vivup)** offers someone to talk to any time of day or night, 365 days a year.

They have trained counsellors with an NHS background and are available to provide help and support with pressures at work or at home and are completely confidential. They normally offer 5 to 6 sessions. You can self-refer by calling 03303 800658.



Gloucester Counselling Service (GCS) are a community based organisation and offer professional and confidential counselling to individuals experiencing a wide range of personal issues. There is a charge for this service, but if you are on a low income, they will consider a reduced rate. More information can be found on their website or by calling 01453 766310.



Facing mental health difficulties?

If you have been struggling with ongoing/long-term mental health concerns which are mainly unrelated to work then you would need to seek a referral to mental health services through your GP. You can also self-refer for CBT talking therapy through the **'Lets Talk' service** on 0800 073 2200.



In crisis?

If you require urgent mental health support you can contact the **Gloucestershire crisis team** on 0800 169 0398 and If you feel unable to keep yourself safe (i.e. are considering suicide or serious acts of self-harm) then please **call 999** or go to your **nearest A&E department**.

Samaritans - 116 123, call free 24/7, 365 years to speak to a trained volunteer.



SHOUT - 24/7 text service for anyone in crisis. Text 85258 for immediate help.



Stay Alive App- A suicide prevention resource available to download from Apple Store or Google Play for those considering suicide or concerned about someone else.