

Support and training

You can get specialist mental health advice and support from:

- England – [mental health helplines on the NHS](#)
- Scotland – [mental health services on NHS 24](#)
- Wales – [mental health services on NHS 111 Wales](#)

If you need to talk to someone, you can contact:

- [Samaritans](#)
- [Shout](#)

Mental health support at work

Some organisations offer counselling. It'll usually be through a scheme known as an employee assistance programme (EAP).

If you're a member of a trade union, you can also get help and information on mental health from them.

A [Wellness Action Plan from Mind](#) can help employers and employees put steps in place to support mental health at work.

Find out more about supporting mental health from other organisations:

- [Mental Health at Work](#)
- [NHS Every Mind Matters](#)

If you have poor mental health or a disability, you can also get support from [Access to Work](#).

Support for employers

Employers and managers can get government guidance on supporting workers' health and disabilities.

[Find support with employee health and disability on GOV.UK](#)

Helping someone else

Supporting others with poor mental health can be a challenge. Make sure you look after your own wellbeing.

[Find out more about helping someone else from Mind](#)

Acas training and tailored support for employers

You can:

- [book a mental health training course](#)
- get [tailored support for employers](#) on mental health and wellbeing