

Health & Wellbeing



Purpose

The purpose of this document is to highlight the **internal and external resources** available to staff within the university to help with various health & wellbeing related issues. The resource list signposts to support resources that are preventative, crisis management and recovery focused. This list can also help colleagues to signpost colleagues who they may be concerned about to the most relevant support.

Internal Support Resource

All colleagues in Edinburgh Napier University have access to the internal support resources;

| Resource/Support | Detail |
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| TogetherAll Access 24 hours a day, 365 days a year | <p>Everyone at Edinburgh Napier can access free online mental health support with Togetherall, any time, any day (formerly Big White Wall).</p> <p>Whether you're struggling to cope, feeling low or just need a place to talk, Togetherall can help you to explore your feelings in a safe supportive environment.</p> <ul style="list-style-type: none">• A community where members are anonymous to each other, they can share how they are feeling & support each other• Clinically managed with trained professionals available 24/7 to keep the community safe• Self-assessments & recommended resources• Creative tools to help express how you're feeling• Wide range of self-guided courses to do at your own pace <p>The service is safe, anonymous and free. University staff can sign up under 'Join Us' and 'I'm from a University' with their staff email address</p> |
| Silver Cloud Access 24 hours a day, 365 days a year | <p>All staff can access free online training to support your mental health and wellbeing. Silvercloud is an easy-to-use platform where you can make space for your mental health at a time that suits you. Courses available at present include: Space from COVID-19, Space from Resilience, Space from Sleep and Space from Money Worries.</p> |

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| <p>Mental Health Champions Network</p> | <p>Mental Health Champions are a point of contact for an employee who is experiencing a mental health issue or emotional distress, helping the person get appropriate help, and also provide early intervention for someone who may be developing a mental health issue. A Mental Health Champion is not expected to act as a counsellor or share their own experiences.</p> <p>A Mental Health Champion also takes action to raise awareness of mental health problems amongst staff, challenges mental health stigma, and provides peer support to colleagues.</p> |
| <p>Employee Assistance Programme (EAP) through MCL Medics</p> | <p>MCL Medics is the University's Employee Assistance Programme provider and they provide a free, confidential and independent resource to help employees balance their work, family and personal lives. This service is available 24 hours a day, 7 days a week, 365 days a year by phone, e-mail, online or through their APP and provides information, resources and counselling on any of the challenges that life may bring.</p> <p>The EAP service is strictly confidential. They won't alert anyone in the employee's team, department or the University that they have used their services. Employee privacy is important to them, so their records are kept separate from any medical or personnel files ENU or the employee's doctor keeps. In fact, no one has access to the EAP records except for EAP.</p> <p>MCL Medics also provides support for line managers for instance with workplace issues such as having difficult conversations and managing difficult situations.</p> <p>Click the link to see the topics covered.</p> <p>Also support with legal and financial matters</p> |
| <p>HR Business Partners</p> | <p>Each School and professional Service area has a dedicated HR Business Partner, and their remit is to provide HR advice to Managers and colleagues.</p> <p>For an up-to-date list click of HR Business Partners click here</p> |

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| Evelyn Partners | Evelyn Partners have been providing bespoke and specific specialist financial planning guidance and advice to all levels of staff in the university sector. Contact payroll@napier.ac.uk for more information on how Evelyn Partners can help. |
| Salary Finance | An employee benefit to help improve financial wellbeing and happiness in the workplace. Provides; <ul style="list-style-type: none"> • Financial education - Tools, guides and tips to help you manage your money better. Our Financial Wellbeing hub is free to access. • Affordable Loans - 4 simple fixed rates with repayments deducted from your salary. Pay off your existing debts and save over £100 a month • Saving & Investment - A range of accounts that make investing easy. Start planning for your financial future today with payments made from your salary. |
| Health & Wellbeing staff intranet page | The staff intranet page has a dedicated link to a health and wellbeing page with all the above information. |
| The Wellbeing Collection (Library) | Each of our three campus libraries have a nice, comfortable area where a dedicated collection of self-help books are located for staff and student use. They also have dedicated quiet areas where staff/students can sit in privacy to read or browse. Books are all available to borrow. |
| Chaplaincy Service | For students and staff from all faiths and from none, the Chaplaincy service helps you to share time, ideas and friendship. The Chaplaincy Service believe that spiritual wellbeing is important and the Honorary Chaplains and Belief Contacts that make up the team represent many of the main world religions and promote a multi-faith and belief approach. Chaplaincy aims to provide a focal point where the university community can celebrate and explore the wealth of nationalities, cultures and beliefs represented here at Edinburgh Napier and is a place where you'll always find a friendly face and someone to listen. Staff can contact the Chaplaincy by emailing chaplaincy@napier.ac.uk . The opening hours of the Chaplaincy are 9am - 5pm, Monday to Friday. |
| Staff Networks | We have a number of Staff Networks which are run by staff for our staff. They are key in building inclusion into our everyday policies procedures and most importantly our behaviours. Anyone can join any event on offer from the networks. Click on Staff Networks to learn about each Network. |

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| | <p>NHS24</p> <p>Mental Health Assessment Services</p> <p>Choose Life</p> <p>Papyrus</p> | <p>Offer critical health support, including mental health</p> <p>MHAS is an emergency mental health assessment service. They are a nurse led team based at the Royal Edinburgh Hospital available 24 hours a day, seven days a week. They also provide a service at the Royal Infirmary from 5pm – 8am Monday to Thursday and from 5pm Friday to 8am Monday.</p> <p>MHAS is available for:</p> <ul style="list-style-type: none"> • People experiencing a mental health crisis • People who need an emergency mental health assessment • People who have been referred by a GP or other healthcare professional. <p>Suicide prevention in Scotland</p> <p>Runs a helpline for people under 35 who are experiencing suicidal feelings.</p> | <p>Phone – 111 (outside GP opening hours)</p> <p>Drop in BUT during COVID there is no walk in service and phone 0131 537 6000</p> <p>Click the Choose Life link to be signposted to services (most listed above)</p> <p>Phone - 0800 068 41 41 Email – pat@papyrus.org</p> |
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| | <p>Prevent Suicide-NE Scotland app</p> <p>Neil's Hugs Foundation</p> | <p>A suicide prevention app and website designed to offer a range of support options for people who may be in distress or seeking information on services. The app gives users who may be at risk of suicide the option to write their own safety plan with helpful prompts to guide the user through the process.</p> <p>Help, understand and give support to families and friends affected by suicide. They run support groups across West Lothian and Clackmannanshire providing for one-to-one chats over the phone and in person. They can help support and signpost people to relevant services, if required.</p> | <p>Visit: preventsuicideapp.com</p> <p>Phone: Review website for support group details Email: Neilshugsfoundation@gamil.com</p> |
| <p>Men's Mental Health</p> | <p>Brothers' in Arms</p> <p>CALM (Campaign Against Living Miserably)</p> | <p>A charity who supports men in Scotland of any age who are feeling down, stressed or anxious who need support without the fear of failure. They have created a self-management App for men to help equip them with the tools to elf help. Also created a media page to help men connect and share stories and educate each other on mental health Not a crisis service (contact Samaritans)</p> <p>Provides listening services, information and support for men at risk of suicide</p> | <p>Contact through the website</p> <p>Phone- 0800 58 58 58 Open 5pm-midnight 365 days per year</p> |

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| | StrongMen | Bereavement and mental health support charity for Men. They offer Man2Man telephone based peer support and an online network where men can become members. | Phone: 0800 915 0400 Email – hello@StongMen.org.uk |
| Eating Disorders | Beat Eating Disorders Eating Disorders Scotland | A charity who provides support and resources to people who are suffering from an eating disorder, or they wish to support someone who is. Eating disorders are serious mental illnesses that ruin and, too often, take lives. Talking EDs offers both personal and professional services associated with eating disorders, food and eating problems, disordered eating, body image issues and other mental health and emotional issues, such as depression, anxiety, stress, panic, emotional distress, relationships, personal development, and lots more. | The Beat Adult Helpline is open to anyone over 18. Helpline: 0808 801 0677 Email: help@beateatingdisorders.org.uk support@eatingdisorderscotland.co.uk |
| Anxiety, Stress and/or depression | Breathing Space Sane | A confidential phoneline for anyone in Scotland feeling low, anxious or depressed Support and information about mental health problems | Phone – 0800 838 587 Opening hours Weekdays: Monday-Thursday 6pm to 2am Weekend: Friday 6pm-Monday 6am Phone - 0300 304 7000 |

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| Hearing Voices | Hearing Voices Network | Information and support for people who hear voices, and local support groups | Email - info@hearing-voices.org W: hearing-voices.org/area/scotland |
| Menopause | Menopause Support | Menopause Support provides private support via telephone and video consultations and bespoke menopause training and support solutions for businesses and organisations and menopause training days for therapists and well-being professionals. | Email – hello@menopause.support.co.uk |
| | The Menopause Exchange | Gives out independent advice about the menopause, midlife and post-lie menopause health to allow women to make informed decisions about their health. Also wishes to raise awareness of the menopause and its management | Phone – 020 8420 7245 Email – info@menopause-exchange.co.uk |
| | Menopause Matters | An independent website providing up-to-date, accurate information about the menopause, menopausal symptoms and treatment options. Information on what happens leading up to, during and after the menopause, what the consequences can be, what you can do to help and what treatments are available. | Contact through the website |
| Mental Health Stigma & Recovery | See Me | See Me is Scotland's Programme to tackle mental health stigma and discrimination. They are funded by Scottish Government and Comic Relief and are managed by SAMH and The Mental Health Foundation. | Contact through the website |

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| | <p>Scottish Recovery Network</p> <p>SAMH</p> <p>Heads Together</p> | <p>SRN work with people, services and organisations to explore what mental health recovery means for them and supports them to develop their own approaches and tools to make recovery real</p> <p>Provide support to those living with mental health problems or supporting someone who is.</p> <p>Heads Together is a mental health initiative spearheaded by The Royal Foundation of The Duke and Duchess of Cambridge, which combines a campaign to tackle stigma and change the conversation on mental health with fundraising for a series of innovative new mental health services.</p> | <p>Email only – info@scottishrecovery.net</p> <p>Phone: 0344 800 0550 Email: info@samh.org.uk</p> <p>Free text service – SHOUT 85258 (free text messaging service which provides 24/7 support for anyone experiencing a mental health crisis. It aims to connects people in need to trained volunteers who provide help at a time when it is most needed; enabling them to move from a moment of crisis to a calm state and form a plan for next steps to find longer-term support. As texting is private and silent, it opens up a whole new way to find help)</p> |
| Mental health & wellbeing Information in Edinburgh | iThrive | iThrive is an online space offering mental health & wellbeing information for Edinburgh. The website offers information on various events and groups taking place to help promote positive health & wellbeing. Also, a great site to find peer support and has a useful self-help section | Contact through the webpage |
| Bereavement (inc loss of a baby or child) | Cruse Bereavement Care Scotland | Support for anyone affected by the death of someone close. Promotes the wellbeing of bereaved people in Scotland and seeks to help anyone experiencing bereavement to understand their grief and cope with their loss. | Phone – 0808 802 6161 Mon-Fri 9am-8pm Weekends 1pm-4pm |

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| | <p>Survivors of Bereavement by Suicide</p> <p>SANDS</p> <p>Held in Our Hearts</p> <p>The Miscarriage Association</p> | <p>Provides information and support groups for adults who have lost someone to suicide.</p> <p>Sands is the leading stillbirth and neonatal death charity in the UK. Sands exists to reduce the number of babies dying and to ensure that anyone affected by the death of a baby receives the best possible care and support for as long as they need it.</p> <p>Sands provides bereavement support services both nationally through its Freephone helpline, mobile app, online community and resources, and locally through a UK-wide network of around 100 regional support groups.</p> <p>Offers a befriending service for bereaved parents and grandparents, who have experienced the death of a baby or infant. Befrienders are bereaved parents who have voluntarily completed a Stillbirth and Neonatal Death (SANDS) UK training course and are qualified to support you.</p> <p>The Miscarriage Association support people who have been affected by miscarriage, molar pregnancy or ectopic pregnancy. It also supports family and friends who wish guidance on how to support people who have experience loss.</p> | <p>Phone - 0300 111 5065 Monday – Friday 9am-9pm</p> <p>Phone – 0808 164 3332 Email – helpline@sands.org.uk</p> <p>Phone – 0131 622 6263 Email -info@heldinourhearts.org.uk</p> <p>Phone – 01924 200 799 Mon – Fri 9am – 4pm Email -info@miscarriageassociation.org.uk</p> |
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| <p>Money Problems/Debt</p> | <p>Money Advice Scotland</p> <p>Support in Mind</p> <p>Citizen's Advice Scotland</p> | <p>Offer confidential advice concerning debts</p> <p>Runs a dedicated Mental Health & Money Advice service in Scotland</p> <p>Offer advice on many financial/debt concerns through advice on the website. There are 59 Citizens Advice Bureaux (CAB) in Scotland offering face to face support.</p> | <p>Phone - 0800 731 4722</p> <p>Contact through the website</p> <p>Search though this webpage to find your local CAB to find contact details</p> |
| <p>Parents supporting children with mental health</p> | <p>YoungMinds</p> <p>The Mix</p> | <p>The Mix is the UK's leading digital youth charity offering free, confidential information and support for under 25s, helping over 2.5 million young people in the UK each year. Whatever issue a young person is facing, The Mix is always there for them and connects young people to experts and their peers to talk about anything they're going through. They offer just-in-time, life-saving support for young people when they have nowhere else to turn. Provides information for both parents and young people</p> <p>The Mix is the UK's leading digital youth charity offering free, confidential information and support for under 25s, helping over 2.5 million young people in the UK each year. Whatever issue a young person is facing, The Mix is always there for them and connects young people to experts and their peers to talk about anything they're going through. They offer just-in-time, life-saving support for young people when they have nowhere else to turn.</p> | <p>Phone - 0808 802 5544 (parent helpline) Mon-Fri 9.30am-4pm</p> <p>Phone - 0808 808 4994</p> |
| <p>Support for Minority Ethnic Community</p> | <p>Saheliya</p> | <p>Supports and promotes the positive mental health and well-being of black, minority ethnic, asylum</p> | <p>Phone: 0131 556 9302 Email: info@saheliya.co.uk</p> |

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| | <p>Black Minds Matter UK</p> <p>Chinese Mental Health Association</p> <p>AMINA</p> | <p>seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.</p> <p>Ensures that black people in the UK can access mental health support. The organisation does this by helping black people and families across the nation to find professional mental health services, in addition to raising money to help cover the cost of such services.</p> <p>Provides a diverse range of services for Chinese people who experience mental health issues and their carers.</p> <p>Amina is an inclusive organisation that empowers and supports Muslim and BME women to create an inclusive Scotland in which they can contribute fully. An inclusive world where Muslim and Black and Minority Ethnic (BME) women are fulfilling their aspirations. http://www.cmha.org.uk/</p> | <p>Connect through the website</p> <p>Phone: 020 7613 1008 Email: info@cmha.org.uk</p> <p>Phone: 0131 667 9199 Email: info@mwrc.org.uk</p> |
| <p>Support for LGBT+ Community</p> | <p>LGBT Health & Wellbeing</p> <p>Stonewall</p> | <p>Working to improve health, wellbeing and equality of lesbian, gay, bisexual, transgender people in Scotland</p> <p>To support the LGBT+ community to make a change</p> | <p>Phone – 0300 123 2523 Tue & Wed 12noon -9pm Thur & Sun 1pm-6pm Email – helpline@lgbthealth.org.uk</p> <p>Phone; 0800 0502 020 Mon-Fri 9.30am-4.30pm Email – info@stonewall.org.uk</p> |

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| | Galop Switchboard | <p>Supports LGBT+ people who have experienced hate crime, sexual violence or domestic abuse</p> <p>Helpline provides advice and understanding to help you make the best decisions</p> | <p>Helpline - 0800 999 5428 Email – help@galop.org.uk</p> <p>Phone – 0300 330 0630 7 days per week 10.00-22.00hrs Email – chris@switchboard.lgbt</p> |
| Support for the Armed Forces Community | Rock2Recovery Contact | <p>Provide coaching to current and ex service personnel, and their families to save and change the lives. Their approach is to inspire, coach and motivate towards a more positive future.</p> <p>Contact is a collaboration of leading military charities, support organisations, the NHS, the Ministry of Defence, UK Psychological Trauma Society and top academics working together to make the most effective mental health support easily accessible to Service Personnel, Ex-Service Personnel and their families.</p> | <p>Phone - 01395 220072 Monday to Friday 09.00-17.00hrs Email - support@rock2recovery.co.uk</p> <p>Click on weblink for details</p> |
| Support for Carers | Vocal Carers Scotland Edinburgh Carers Council | <p>VOCAL supports and empowers unpaid carers in Edinburgh & Midlothian through individual support, information, training and access to services.</p> <p>There aim is to make life better for carers by giving advice, information and support. Connecting carers to help offer peer support, campaign for change.</p> | <p>Phone – 0808 196 6666 Email - centre@vocal.org.uk</p> <p>Phone – 0808 808 7777 Email – info@carersuk.org</p> <p>Phone – 0131 322 8480</p> |

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| | | A local Edinburgh charity that provides free, confidential and independent advocacy for carers supporting someone with mental or physical health difficulties. | Email info@edinburghcarerscouncil.co.uk |
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