

Help and Support

Our mission is to ensure that everyone has access to the help and support that they may need. We also recognize that the struggles we face are individual and very diverse. There is a range of support and services that exist within your organisation and your community. Knowing where to signpost people to is part of the **I Am Here** journey. We will continually update this resource to ensure that **I Am Here** Ambassadors have the most up-to-date information.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available internally within Orix Aviation and externally in the United Kingdom.

United Kingdom



EMOTIONAL WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

Employee Assistance Programme (EAP) -VHI

The EAP is your free and confidential support service which provides you with immediate help and support in managing whatever personal or work-related issues you are facing, 24/7, 365 days a year. Access counsellors over the phone, arrange a video call or face to face counselling. This service also provides specialist information assistance with legal and financial queries

UK: 0808 178 0912

Email: eap@vhics.ie

Psychologist, therapist or counsellor

For example, www.psychotherapy.org.uk
www.bacp.co.uk

Samaritans

Provides emotional support to anyone in emotional distress, struggling to cope or at risk of suicide.

www.samaritans.org

116 123 or email jo@samaritans.org

Hub of Hope

National mental health database that brings together organisations and charities who offer mental health advice and support, together in one place.

www.hubofhope.co.uk

Mental Health Matters

Provides a wide range of support to people with mental health needs.

www.mhm.org.uk

0191 516 3500 or email info@mhm.org.uk

Mind

Provides advice and support to empower anyone experiencing a mental health problem to understand their condition and the choices available to them.

www.mind.org.uk

0300 123 3393

Text 86463 or email info@mind.org.uk

Health and Safety Executive

Helps workers understand how they can stay safe and well.

www.hse.gov.uk

Rethink Mental Illness

Access a diverse range of mental health services and life-changing support groups.

www.rethink.org

National Domestic Abuse Helpline

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

www.nationaldahelpline.org.uk

0808 2000 247

BeGambleAware

Free, confidential help for anyone who is worried about their or someone else's gambling.

0808 8020 133

www.begambleaware.org

Alcoholics Anonymous Great Britain

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.alcoholics-anonymous.org.uk

0800 917 7650 or email help@aamail.org

Narcotics Anonymous Great Britain

Narcotics Anonymous is a fellowship of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.

0300 999 1212

www.ukna.org

NHS: Live Well

Advice, tips and tools to help you make the best choices about your health and wellbeing.

www.nhs.uk/live-well/

NHS: Every Mind Matters/One You

Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health.

www.nhs.uk/oneyou

Campaign Against Living Miserably (CALM)

A leading movement against suicide. Offers accredited confidential, anonymous and free support, information and signposting to people anywhere in the UK through a helpline and webchat service.

www.thecalmzone.net

0800 58 58 58



**PHYSICAL
HEALTH**

Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.

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Email: eap@vhics.ie

Personal trainer

Physiotherapist/massage therapist

For example, www.csp.org.uk

Dietician/nutritionist/nutritional therapist

For example, www.freelancedietitians.org

NHS: Live Well

Advice, tips and tools to help you make the best choices about your health and wellbeing.

www.nhs.uk/live-well/

NHS: Every Mind Matters/One You

Simple and practical advice as well as tips, tools and encouragement to improve all aspects of your health.

www.nhs.uk/oneyou

NHS: Change4Life

Resource for parents to discover sugar swaps, healthy recipes, nutritional advice, and top tips and activities to help your kids to stay healthy.

www.nhs.uk/change4life

National Domestic Abuse Helpline

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

www.nationaldahelpline.org.uk

0808 2000 247

 <p>SPiritual WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Spiritual leader</p> <p>Reiki therapist For example, www.reikifed.co.uk</p> <p>Spiritual England A place to explore spirituality—the idea that there’s something beyond the material world that is meaningful, magical and inspirational. www.spiritualengland.org.uk</p> <p>Rethink Mental Illness www.rethink.org 0300 5000 927</p>



**SOCIAL
WELLBEING**

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Life coach

For example, www.coachfederation.org.uk

National Domestic Abuse Helpline

Provides support in finding specialist services in your community as well as access to specialist refuge accommodation.

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www.ukna.org

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Rotary International

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the

	<p>community and catch up with friends during club programmes that fuel the impact Rotary International makes.</p> <p>www.rotary.org</p>
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**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Employee Assistance Programme (EAP) - VHI

UK: 0808 178 0912

Email: eap@vhics.ie

EAP financial wellbeing support includes:

- Financial information
- Household budgeting
- Borrowing/debt management
- Saving and investing
- Life assurance
- Retirement planning
- Legal information

Financial advisor

For example, www.moneyadvice.service.org.uk

Bank or credit union

Mental Health and Money Advice

Helping you understand, manage and improve your mental health and money issues.

www.mentalhealthandmoneyadvice.org

National Debtline – Money Advice Trust

Provides free debt advice and solutions.

www.nationaldebtline.org

0808 808 4000

Step Change Debt Charity

www.stepchange.org

0800 138 1111

GOV.UK

Access a range of financial benefits provided by the government.

www.gov.uk/browse/benefits

Online apps and resources



WORK AND
CAREER

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

National Careers Service

Provides information, advice and guidance to help you make decisions on learning, training and work.

www.nationalcareers.service.gov.uk

0800 100 900

GOV.UK Career Skills and Training

www.gov.uk/career-skills-and-training