**Possible Mental Health and Well Being Support Groups**

**- General and Education Related**

**– Phone Numbers and Links**

Employee Assistance Programme: 08000 856148

[WWW.educationsupportpartnership.org.uk/support](http://WWW.educationsupportpartnership.org.uk/support)

Username: worklifesupport

Annie and Sue at OM Health & Wellbeing annie.oneill@omhwc.org.uk

sue.miller@omhwc.org.uk

Please feel free to contact Annie and Sue in the event that you require some additional support at this time

NHS [www.nhs.uk](http://www.nhs.uk)

Minds Ahead: [www.mindsahead.org.uk](http://www.mindsahead.org.uk)

Hub of Hope: [www.hubofhope.co.uk](http://www.hubofhope.co.uk)

Big White Wall: [www.bigwhitewall](http://www.bigwhitewall)

Talking Space Plus: [www.talkingspaceplus.org.uk](http://www.talkingspaceplus.org.uk)

Education Support Partnership: [www.educationsupport.org.uk](http://www.educationsupport.org.uk)

 08000 562561

Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Silver Cloud Health: [www.silvercloudhealth.com](http://www.silvercloudhealth.com)

Get Connected: [www.getconnected.org.uk](http://www.getconnected.org.uk)

MIND: [www.mind.org.uk](http://www.mind.org.uk)

Local Branches Colchester 01206 764600

 Maldon 01621 928107

 Clacton 01255 317670

 Ipswich 01473 217357

Young Minds: [www.youngminds.org.uk](http://www.youngminds.org.uk)

SANE: [www.sane.org.uk](http://www.sane.org.uk)

The Samaritans: [www.samaritans.org](http://www.samaritans.org)

Anxiety UK: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

The Calm Zone: [www.thecalmzone.net](http://www.thecalmzone.net)