



Self-Help Mental Health Resources 2020

IPI Employee Assistance Programme:

Health Assured: <https://www.healthassured.org/>

Internal Intranet: <https://www.ipicsr.com/eap>

Log in details:

Username: IP

Password: Integration

Helplines:

Samaritans Helpline: Call 116 123

<https://www.samaritans.org/how-we-can-help/contact-samaritan/talk-us-phone/>

You can also email Samaritans on: jo@samaritans.org

NHS Mental Health Helplines: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Support and Services:

Mind Charity Guides to Support and Services: <https://www.mind.org.uk/information-support/guides-to-support-and-services/>

Sanctus: <https://sanctus.io/directory/>

North of England:

Self Help: <https://www.selfhelpservices.org.uk/>

Blogs:

Mind blog series: <https://www.mind.org.uk/information-support/your-stories/>

Mental Health Foundation: <https://www.mentalhealth.org.uk/blog>

Public Health England: <https://publichealthmatters.blog.gov.uk/>

Sanctus: <https://sanctus.io/blog/>

**Apps:**

Headspace: <https://www.headspace.com/>

Calm: <https://app.www.calm.com/meditate>

Portal: <https://portal.app/>

The Mindfulness App: <https://themindfulnessapp.com/>

Yoga Tutorials:

7 mins: [Yoga for Stress Relief - 7 minute Practice](#)

26 mins: [Yoga For Concentration and Mental Focus](#)

27 mins: [Yoga For Anxiety and Stress](#)

34 mins: [Yoga For When You're In a Bad Mood](#)