



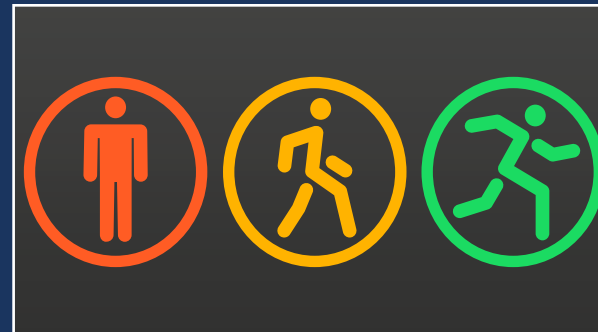
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CYMRU  
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Check in:  
access the  
right mental  
health support  
for you

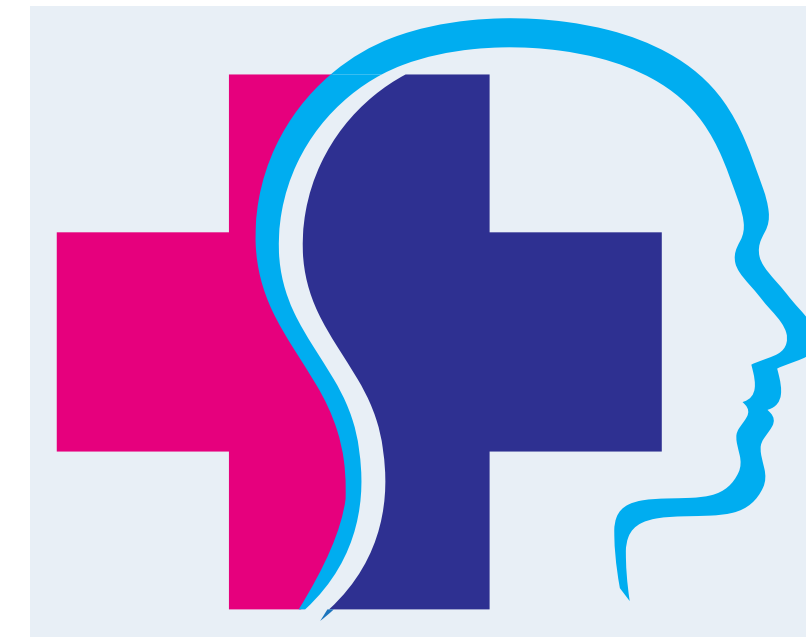
Introduction	Amber: Professional help would be useful for me
3	5
Red: I need urgent help now	Green: My mental health is good but could be improved
4	7



To help you access the right mental health service for your needs, we have developed a self-assessing traffic light system that you may find useful.

The system is split into three groups of Green, Amber, and Red.

Depending on where you place yourself based on your thoughts and feelings, the traffic light system provides information on how to get support and help.



**Red:**  
I need urgent  
help now

**Amber:**  
Professional  
help would be  
useful for me

**Green:**  
My mental health  
is good but could  
be improved

# Red: I need urgent help now



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# Amber: Professional help would be useful for me



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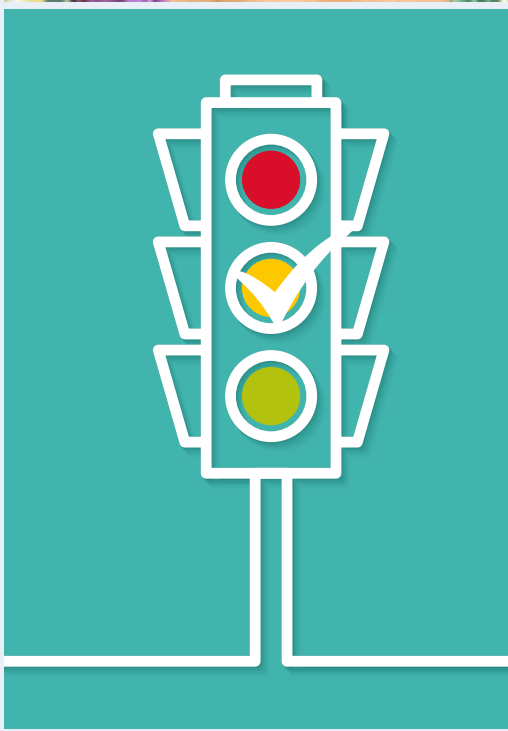


If you are experiencing feelings of crisis, such as suicidal thoughts, self-harm or frequent panic attacks or disturbing flashbacks and are finding it difficult to cope, please seek help as soon as possible, you are not alone, there is always someone who can help you.

**Contact any of the following: you will find support within a non-judgemental atmosphere.**

- Samaritans on 116 123
- SHOUT Text Service – text 85258
- Call [C.A.L.L.](https://www.callll.org.uk/) on 0800 132 737
- MIND on 0300 123 3393
- Your GP, a friend or relative, someone you can trust who will help
- Your Community Mental Health Team (CMHT)
- 999 for an Emergency
- [NWSSP Mental Health First Aiders](#)
- Mental Health Well-being Advisor: [kerry.flower-fitzpatrick@wales.nhs.uk](mailto:kerry.flower-fitzpatrick@wales.nhs.uk)
- [NWSSP Staff Intranet Mental Health Support pages](#)
- Support Charity SANE: [SANEline](https://www.sane.org.uk/)
- [Mental health \(www.nhs.uk\)](https://www.nhs.uk/mental-health/)

**If you have taken an overdose or cut yourself badly, please dial 999.**



If you are feeling overwhelmed, things are getting on top of you often, or if your behaviours and routines have changed recently and this is negatively affecting how you carry out your life and activities, it is worth looking into what avenues of support are available through work and how they might help you.

- Samaritans on 116 123
- SHOUT Text Service – text 85258
- [NWSSP Mental Health First Aiders](#)
- [Remploy Mental Health Support: Access to Work Mental Health Support Service](#)
- [NWSSP Staff Intranet Mental Health Support pages](#)
- [EAP \(Employee Assistance Programme\) free 24-hour support for NWSSP Staff](#)
- Your GP, a friend or relative, someone you can trust who will help
- NWSSP Mental Health Well-being Advisor: [kerry.flower-fitzpatrick@wales.nhs.uk](mailto:kerry.flower-fitzpatrick@wales.nhs.uk)
- [MIND Active Monitoring for Wales](#)
- [C.A.L.L Mental Health Helpline for Wales](#)
- [NHS Wales 111](#)
- [SilverCloud](#)
- [Mental health \(www.nhs.uk\)](https://www.nhs.uk/mental-health/)

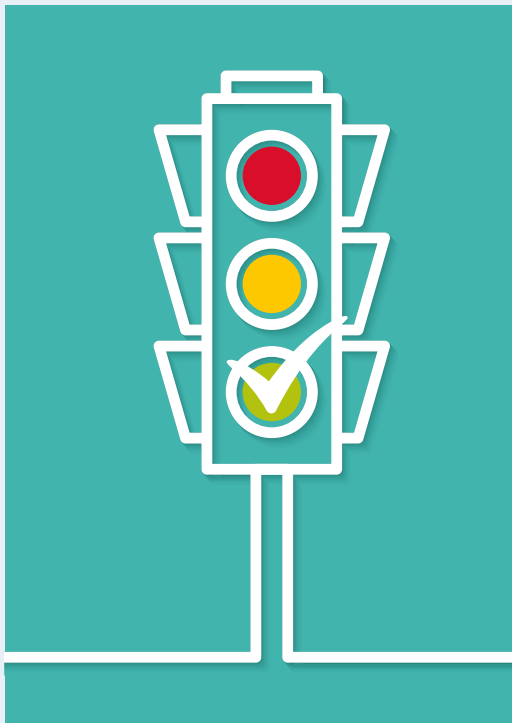


# Green: My mental health is good but could be improved



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**If you feel like your mental health and wellbeing could be improved, there are many options available to you on our staff intranet pages, to help you feel your best.**

**This includes apps, online platforms, telephone advice lines, guides, and tips.**

- [NWSSP Mental Health First Aiders](#)
- [NWSSP Staff Intranet Mental Health Support pages](#)
- NWSSP Mental Health Well-being Advisor: [kerry.flower-fitzpatrick@wales.nhs.uk](mailto:kerry.flower-fitzpatrick@wales.nhs.uk)
- Your GP, a friend or relative, someone you can trust who will help.
- [MIND Active Monitoring for Wales](#)
- [NHS Wales 111](#)
- [SilverCloud](#)
- [Public Health Wales – Looking after your mental health](#)
- [Mental health \(www.nhs.uk\)](#)
- [EAP \(Employee Assistance Programme\) free 24-hour support for NWSSP Staff](#)
- [Remploy Mental Health Support: Access to Work Mental Health Support Service](#)