It's OK not to be OK.

Talking helps. These services are free, confidential and there for anyone in the UK.

SAMARITANS

Call 116 123

Free, any time, day or night.

SHOUT

Text SHOUT to 85258

Free, any time.

NHS 111

Call 111

Choose the mental health option. In Northern Ireland, call Lifeline on 0808 808 8000.

EMERGENCY

Call 999

Or go to A&E, if a life is at risk.

SUPPORT HERE AT WORK

Talk to

Employee assistance programme

Other support

Helpline details checked 17 November 2026.

FREE 2-MINUTE CHECK-IN

How are you doing this week?

Scan for a free, private wellbeing check-in. No app, no login, and your results straight away.

OptiMe

Free guides and posters
optimewellbeing.com/resources