

Protecting Your Grey Matter

Knowing where to go for mental health support and advice can be daunting. Display on your notice boards the poster below for quick access to advice and support through the use of QR codes.

PROTECTING GREY MATTER

MENTAL HEALTH SUPPORT

- Samaritans
- SHOUT - Crisis text line
- Togetherall
- The Charity for Civil Servants
- Combat Stress
- Prevention of young suicide
- Suicide Prevention Guide
- Samaritans Armed Forces Guide
- Maintaining your Mental Fitness Leaflet

COMMANDER'S/LINE MANAGERS GUIDE TO CONVERSATIONS

- Signs of Emotional Distress Leaflet
- Talking to Someone in Emotional Distress Leaflet
- Conversations and Emotional Intelligence
- Active Listening on the Telephone

MENTAL RESILIENCE

- Mental Resilience
- Managing Stress Leaflet

MENTAL FITNESS

- Mindfulness 8-week Course
- HeadFIT for Life
- MIND - Physical Activity and Mental Health
- MIND - Sleep and Mental Health
- NHS - 5 Steps to Mental Wellbeing
- NHS - Mental Wellbeing Audio Guides

IMMEDIATE HELP LIFE CRITICAL 999

IMMEDIATE NOT LIFE CRITICAL 111

SELF HELP QR CODES

Mental Health can seem complex. Knowing where to turn for help can be daunting. Scan the QR for support and self-help.

Defence Connect

ARMY
BE THE BEST