

Wellbeing Resources 2023

Community
Integrated
Care[®]



For You, Your Family and Your Team
At Home or At Work

Mental health is just like physical health: everybody has it and we need to take care of it. We can all experience difficult periods at some point in our lives.



It's crucial that our colleagues know they are not alone and are aware of the support that is available to them. Whether we have issues in our home lives, are worried about our household finances or just feel that things are getting on top of us, there is always somewhere to turn.

Community Integrated Care is committed to the wellbeing of our colleagues, ensuring everyone has access to free, independent and expert services in many areas of life.

Latest resources

See what's available and call on them when you need to.



These services are here for you and your family.



Our charity has already funded these services for all colleagues to benefit from. There's no cost to you or the charity if you use them.



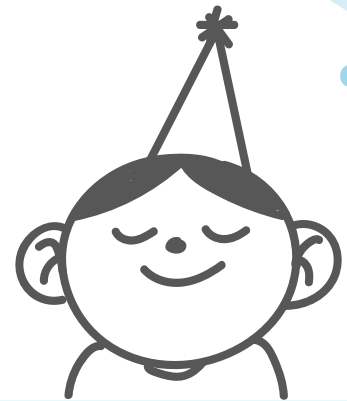
They are here to help you. It can sometimes feel daunting to ask for help but they can make a difference to you and your loved ones.



They are fully independent. No information is ever shared with us about who uses them.

Working through the challenges in your life...

For support, guidance and counselling in your personal, family or work life...



Introducing Everymind At Work

Everymind At Work are our mental health and wellbeing partners. Resources are available 24/7 via their App, and offer a range of practical and proactive support on a variety of topics.

If you haven't yet, download the Everymind At Work App today:

1. Simply scan the QR Code, or search 'Everymind' on your App Store
2. Use your Company ID (wedare) and work email
3. Verify your account and explore all the proactive support available!



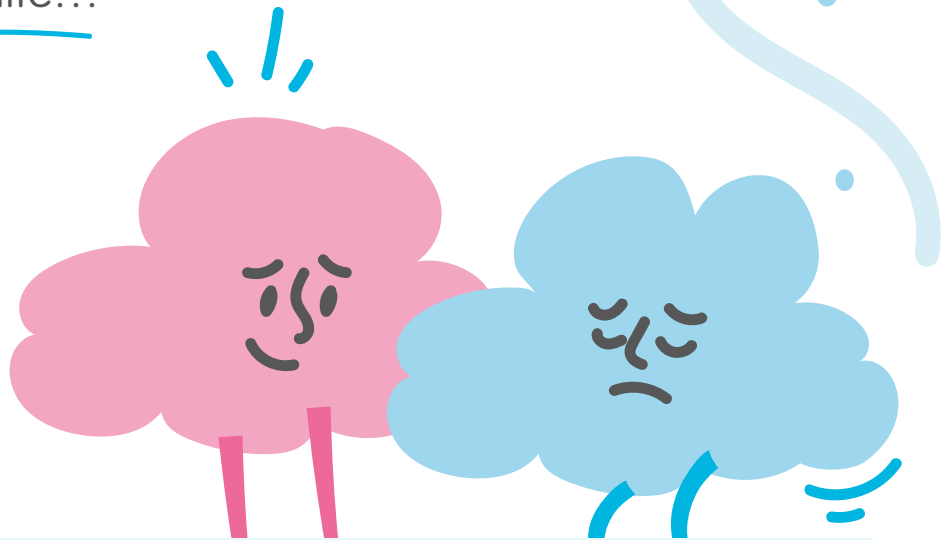
Your use of the App is anonymous - there's no data to link back to an individual. The charity receives reports of high level trends, such as which content is being viewed most to help us shape our wider programme of support. Everymind At Work helps us create a healthy working environment by **identifying and tackling workplace stressors**, **providing resources and education to help us all manage those challenges we encounter**, and **sharing support so colleagues can cope more effectively**.

You can create your own personalised wellbeing toolbox, which can help you proactively manage your mental health. It's not just an App - it's a partnership. There's a range of resources available, such as special webinars on subjects that are important to you. All webinars are recorded, so you can revisit them at any time.

Across our charity, we also have our Everymind Champions who provide peer-to-peer support, raise awareness about mental health and signpost colleagues to relevant resources.

If you would like to speak to an Everymind Wellbeing Champion, please contact your People Team or our Wellbeing, Diversity & Inclusion Specialist, Anita Amurun.

More support, guidance and counselling in your personal, family or work life...

The logo for Spectrum Life, featuring the word 'spectrum' in a teal, lowercase, sans-serif font, with a small teal heart to its right. Below it, the word '.life' is written in a smaller, teal, lowercase, sans-serif font.

Spectrum Life

For those times when you just need someone to talk to, Spectrum Life is a free dedicated Employee Assistance Programme.

Spectrum Life offer 24/7 access to lots of mental health and wellbeing resources.

Their digital and physical package of support includes on-demand guides and seminars, physical health resources and a variety of contact options - including telephone, WhatsApp, face-to-face and video counselling.

Spectrum Life provides support to manage personal or work related issues, including:

- Stress
- Anxiety
- Loss and grief
- Substance misuse
- Financial worries
- Questions on legal matters
- Help with career planning

Their service is available to all colleagues, their partner/spouse and dependent children over the age of 16 still living at home.

Get started!

You can register for Spectrum Life by visiting:
communityintegratedcare.spectrum.life/login

Once you've registered, you can download their App by searching 'Spectrum.Life' on your mobile phone's App Store. Our organisation's code is: CICSL

You can also access the service directly via Freephone and WhatsApp:
Freephone UK: 0808 196 2016
WhatsApp: 07418 360 780

For support with mental health,
anxiety and worries...

Try Able Futures

Able Futures is a free national service that is there to support workers experiencing any mental health concerns. You can receive up to nine months of free and confidential counselling, advice, guidance and support by specialist professionals. They can help you learn coping mechanisms, build resilience, access therapy or to make adjustments to help your mental health at work.

**_able
futures**

**There is no waiting list and you will
receive a call back within one day.**



FREEPHONE: 0800 321 3137

Lines are open 8am to 10.30pm,

Monday to Friday



WEBSITE: www.able-futures.co.uk



It has been absolutely great.
I've been very happy with the
support and advice so far.

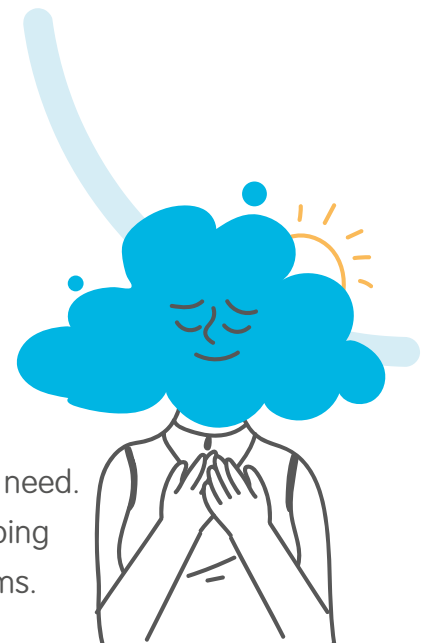
Quote from Able Futures participant, May 2019.



Support for your services and teams...

Within your region, there is always local support and guidance available for you.

Your regional People Team are there to listen and help with anything you need. Support can include dedicated telephone advice sessions, as well as helping you to access the specialist resources available to help you and your teams.



In times where colleagues are affected by some difficult situations, such as grief or stress, your Regional People Team will also be able to arrange virtual team surgeries. These will give you and your team a safe space to talk about your experiences and real support to work through any practical or emotional issues you face.

A number of services have found this support to be invaluable, particularly following traumatic events. Please get in touch if you feel your team might benefit.

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For financial support, guidance and planning...

With making your money go further...

Download Vivup

Vivup provides great savings on everything from groceries to home electronics.

You can access Vivup by registering your details using the instructions from the link below, and then downloading their handy app for e-vouchers on the go! To download the app, open your smartphone's App Store and search for 'Vivup'.

Login to the app using your registration details from earlier.

For details on how to register, visit:
[bit.ly/ yourcolleaguebenefits](https://bit.ly/yourcolleaguebenefits)

For financial support in a crisis...

Apply for urgent support

Community Integrated Care supports its own Wellbeing Fund for colleagues experiencing unexpected financial hardship. This Fund provides colleagues in need with a financial grant in order to get back on their feet. Find out more by contacting your Regional People Team. The Care Workers Charity also provides grants of up to £500 for people who are experiencing a financial crisis. Applications can be made at: www.thecareworkerscharity.org.uk/crisis-grant/

Important information: To enable you to access benefits with Vivup and Salary Finance, we must share some of your personal data. If you wish for your data not to be shared or would like more information on this, please contact colleaguebenefits@c-i-c.co.uk. If you do choose to opt out you will be able to opt back in to access these benefits at any time

For financial support through affordable loans and pay advances...

Use Salary Finance

Salary Finance provides:

Monthly Insights

A range of tips and videos as well as tools for budgeting and saving.

Lower Rate Loans & Lending Options

Help to avoid the use of high cost debt providers - including credit cards and payday loans. You may be eligible for a personal loan with a lower rate than banks and without needing a perfect credit score.

You can apply for 'Advance' which could allow you to access some of your earned money before payday. This can be done up to 3 times a month, at a cost of £1.70 per request. Explore Salary Finance by visiting: home.salaryfinance.com/communityintegratedcare

Please note, Salary Finance is not available to Community Integrated Care Bank colleagues.

Important: This is an option, not a recommendation. Community Integrated Care does not benefit from offering this service and all your communications will be with Salary Finance. Loan applications will be assessed to ensure the loan is appropriate and affordable for you. "Learn" content is for guidance and educational purposes only and is generic in nature. Salary Finance does not offer regulated financial advice. Please seek independent financial advice.

Blue Light Card Membership

Colleagues can apply for a Blue Light Card which provides two-years access to retail, leisure, and hospitality discounts, and be fully reimbursed for the membership cost. Participating online and high street retailers include Asda, Nike, River Island, Argos, JD Sports, and Odeon Cinemas.

Register via: BlueLightCard.co.uk and send confirmation to ColleagueBenefits@c-i-c.co.uk to redeem the sign-up cost.


For support with substance misuse



For support with managing alcohol dependence...

Contact Alcoholics Anonymous for free support and advice.

 www.alcoholics-anonymous.org.uk/


 0800 917 7650

 help@aamail.org

FRANK

For support managing drug dependencies...

Contact the Talk To Frank advisory service or download their free resources.

 0300 123 6600

 www.talktofrank.com


If you're experiencing domestic abuse...


You do not have to wait for an emergency situation to get help. If domestic abuse is happening to you, it's important to tell someone and remember you're not alone.



Telephone

 In an emergency, call 999

 Freephone National Domestic Abuse Helpline (run by Refuge) on 0808 2000 247 (24 hrs)

 Men's Advice Line on 0808 8010 327 (Monday and Wednesday, 9am to 8pm, and Tuesday, Thursday and Friday, 9am to 5pm)

ManKind on 0182 3334 244 (Monday to Friday, 10am to 4pm)


LGBT+ Galop on 0800 999 5428


Talk to a doctor, health visitor or midwife

Call Karma Nirvana on 0800 5999 247 (Monday to Friday 9am to 5pm) for forced marriage and honour crimes.

Email

You can also email these services. Let them know if it is safe to respond and if so which email address they should respond to and when.

 helpline@womensaid.org.uk
(response within 5 working days)

 info@mensadviceline.org.uk

LGBT+help@galop.org.uk

