

## Hints & Tips which may help you to cope better with stress

If there's a problem that's worrying you, whether personal or professional, our occupational health services may be able to help. These services are available to all staff on a self-referral basis. You can download the self-referral form from the CCG's intranet.

In addition to support available from the Occupational Health department, the following ideas may also help:

- Rest & relaxation – learning to relax
- Take a lunch break away from your work place
- Exercise – take regular exercise.
- Lifestyle – making time for leisure activities and interests
- Talking – talking things through with friends or relatives can help
- Take time to think – thinking time each day can help to manage time and priorities
- Good health – eating sensibly, getting enough rest & avoiding harmful effects of alcohol and tobacco
- Not being afraid to ask for help

## Other help is available from the following organisations:

Mind: [www.mind.org.uk](http://www.mind.org.uk)

Mind provides confidential mental health information services.

Sainsbury Centre for Mental Health: [www.scmh.org.uk](http://www.scmh.org.uk)

Mental Health Foundation: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Rethink: [www.rethink.org](http://www.rethink.org)

British Heart Foundation: [bhf.org.uk](http://bhf.org.uk)

The BHF produce a useful [booklet](#) which may help you understand the causes of stress and offers useful information and practical tips for reducing stress in your everyday life.

**PsychologyOnline** is free for UK NHS patients in many areas. Alternatively, you can purchase therapy sessions directly through our private service Thinkwell™. They deliver Cognitive Behavioural Therapy (CBT) over the internet.

CBT helps people look at:

- How they think about themselves, the world and other people
- How their actions affect their feelings and thoughts

PsychologyOnline is providing online CBT free for NHS patients in the East Riding of Yorkshire and Hull.

Self referral: Go to [www.psychologyonline.co.uk](http://www.psychologyonline.co.uk). You need to be registered with a GP in the East Riding of Yorkshire / Hull or resident in the area. Or contact your GP and ask for a referral to IAPT (Improving Access to Psychological Therapies).

Samaritans: [www.samaritans.org](http://www.samaritans.org)

Telephone: 08457 90 90 90 (24 hours a day) Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Provide confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

Let's Talk Service, depression and anxiety service for those employees registered with a GP in Hull: Go to <http://www.letstalkhull.org.uk> or call 01482 247 111 or Text TALK to 61825 or book online, for 24/7 Access to Talking Therapies.