

# Guide to support my wellbeing

Our mental health can move through all these

4 phases

3 Surviving

4 Thriving

1 In crisis

- Very anxious
- Low mood
- Absenteeism
- Exhausted
- Little to no sleep
- Weight loss

## Emergency support and staying safe

For an **emergency** call: **999**

24/7 - **Samaritans**: **116 123**,  
[www.samaritans.org](http://www.samaritans.org)

**Emergency GP** appointment.

**Shout** is the UK's first 24/7 text service for anyone in crisis and needs immediate help. Text: **85258**

2 Struggling

- Anxious
- Depressed
- Tired
- Low resilience
- Poor sleep
- Loss of appetite

## Reaching out for support

**GP** appointment.

You can access the **EAP** site via the **Perkbox** app by searching for **Health Assured** and selecting 'redeem perk'. Or you can call: **0800 028 0199** quoting '**Perkbox**' and **Aster Group**.

**Plumm** counselling appointments or chat therapy sessions.  
Login: [plummhealth.com](http://plummhealth.com)

**Connect** with people:

Friends, family, your leader, our **MHFA** service **The Aster Offer** - **My Wellbeing**

Worried and nervous

- Irritable
- Sad
- Trouble sleeping
- Distracted
- Withdrawn

## Ways to improve your mental health

Bookable sessions on **Learn**:

**Resilience**.

**Mental Health Awareness**.

**Plumm** webinar and meditation library.  
Login: [plummhealth.com](http://plummhealth.com)

Being **physically active** is linked to improved mental health. As well as gentle exercise like walking you can access: Free online BOXX workout subscription through **Aster benefits**.

**Perkbox Wellness** hub on the app for workouts, yoga and sleep stories.

- Positive
- Calm
- Performing well
- Sleeping well
- Eating normally
- Normal social activity

## Maintaining positive mental health

Using resources regularly like **Plumm** will help you stay mentally healthy.

**Keeping active** and **connecting with people** are 2 of the **5 ways** to wellbeing.

Through The Aster Offer you can also:

**Give back** through volunteering **AsterVIP** or **Charity fundraising**.

**Be present** in the moment by practicing mindfulness or meditation.

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**Learn** something new at work or at home.