

# SUPPORT

## What support services are available?



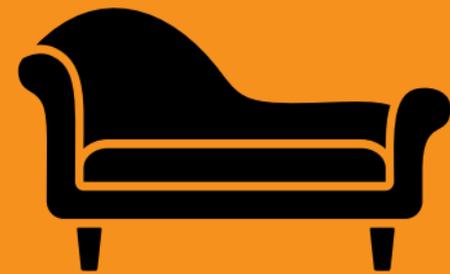
Emotional and mental wellbeing is a real resource that helps us flourish and prosper. Good mental health is not simply the absence of psychological problems. It includes the ability to think, act and feel in a way that enables you to live joyfully and overcome challenges along the way.

We know that mental health support and intervention require a holistic approach and that each person will have their own unique requirements.

- Private GP appointments (for people not being listened to by their current GPs).
- Financial support for medical treatment/operations not covered under the NHS.



- Private psychiatric assessments.



- Counselling: telephone or in person (one-to-one therapy, relationship counselling, CBT and DBT).
- Support for autism and dyslexia, both pre- and post-diagnosis.



- Holistic-based intervention (acupuncture and nutrition assessments).



- Clinical Occupational Therapist (OT) to write and offer support with return-to-work plans after a serious mental health absence from work.



- Transcranial magnetic stimulation through private rehab.
- Wellness courses and rehab to help deal with stress, depression and anxiety, and guidance on healthy everyday living.



- Private rehab for various addictions such as drugs, alcohol and gambling.
- Assigned case worker to sort and coordinate all health services in relation to the individual's needs.



- Preventative intervention services such as: mental health awareness training and mental health first aider training through strategic partners.



- Legal support for divorce, custody battles, will/estate issues and death following suicide.



- Financial assistance for people on statutory sick pay (SSP).
- Debt advice: how to manage debt and get ahead with professional advice and assistance.



- Practical bereavement support for families when they lose a loved one; such as therapy support for the entire family, funeral grants, legal advice and income transition assistance.



- Critical and traumatic incidents support.



- Carer support: respite breaks, mobility equipment and medical legal support to help people to remain independent.



### How can people help themselves?

There are lots of things that people with mental illness can do for themselves, to help regain a balanced life. Healthy eating, getting plenty of sleep, and regular physical activity are all important to good mental health. Learning skills which help deal with stress, feeling down, relationships or the symptoms of the illness are also ways in which someone with a mental illness can look after themselves.

# Access Assistance

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## QUICK FACTS about the industry (energy and electrical related sectors)

We have the highest divorce rates of any sector, sitting at **69.8%**.



The number one reason for divorce or separation in our industry is excess travel, followed by infidelity and caring for a sick child, parent or partner.



Over the last year, **1 in 3** of cases we have dealt with has encompassed mental health issues.



In **87%** of mental health cases financial difficulties are present.

If you are working in our industry you are **2.7x** more likely to commit suicide than the national average.

The number one reason for financial distress is a relationship breakdown.



The main reason apprentices do not manage to finish their apprenticeship is homelessness.

Men respond best to telephone counselling and under-21s prefer online counselling.



**82%** of serious addiction sufferers experienced a traumatic event but never sought therapy for it.



We have given financial assistance grants in varying forms to **1,047** people.



We have given support, direction and guidance to **7,460** people.



## An Industry Charity for Industry People.

