

MENTAL WELLBEING JOURNEY

JAGUAR LAND ROVER



THRIVING

"I'm doing well and I want to explore other ways I can stay resilient and on good form"



THINGS ON MY MIND

"I'm okay, but I've got some things I'm worried about and I'm finding it hard to stop thinking about them"



STRUGGLING

"I've not been feeling myself for a while. I'm managing work and home life, but it's hard and I could do with some help"



SEVERELY STRUGGLING

"I'm finding it hard to manage everyday life. Most days feel like a struggle"

RESILIENCE LEARNING

Tools to help you understand and build resilience. Access via SuccessFactors or visit <https://wellbeing.jaguarlandrover.com/selfawareness>

FIVE WAYS TO WELLBEING

Evidence suggests there are 5 ways to improve your wellbeing which may help you feel more positive. Visit www.wellbeing.jaguarlandrover.com

MINDFULNESS E-LEARNING

A 15 minute masterclass in mindfulness including learning the basic techniques. Visit SuccessFactors or www.wellbeing.jaguarlandrover.com/mindfulness

EMPLOYEE ASSISTANCE PROGRAMME INFO SPECIALISTS

Free and confidential advice 24 hours a day by a team of specialists who can help on a range of issues including relationship, finances, legal, health and emotional matters. Visit www.wellbeing.jaguarlandrover.com/eap. Access support: By phone - 0800 015 5630 (lines are open 24 hours, every day) Online - Care First Lifestyle website (www.eap-carefirst.com) log in username 'lifestyle1234' password 'carefirst'

FINANCIAL WELLBEING TOOLS

Useful tools and links to articles and support for financial worries <https://wellbeing.jaguarlandrover.com/financial-wellbeing>

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EMPLOYEE ASSISTANCE PROGRAMME COUNSELLORS

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SUPPORT FOR GAMBLING, DRUG, AND ALCOHOL USE

Confidential and non-judgmental advice and support is from Aquarius. Self-refer by phone for CONFIDENTIAL sessions with our specialist practitioner. All JLR sites: 0121 700 3766 Monday to Thursday 07:30-16:00 Fridays 07:30-15:30

OCCUPATIONAL HEALTH MENTAL HEALTH TEAM

If your health (physical or mental) is affecting your ability to do your job, Occupational Health can support. Speak to your manager about a referral.

THRIVE APP

Thrive helps you prevent and manage stress, anxiety and related conditions. The game-based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life. You can find more information [here](#). Download for free from the app store. Access/coupon code: JLR0001. You don't need to use a JLR email address to sign-up for Thrive

EVERY MIND MATTERS

NHS and Public Health England awareness campaign to help you take action on your mental health and wellbeing. Take the free and confidential quiz to get your personalised Mind Plan. <https://wellbeing.jaguarlandrover.com/everymindmatters>

BEN - SUPPORT FOR LIFE FOR THE AUTOMOTIVE INDUSTRY

The automotive industry charity, here to help with life's ups and downs <https://ben.org.uk/>
Helpline (Open Monday to Friday 8am - 8pm) 08081 311 333
supportservices@ben.org.uk

GP

If you're concerned about your mental health, speak to your GP. They'll be able to help you understand your different options, and refer you one for specialist support, if appropriate

GP AND SELF-REFERRAL TO NHS MENTAL HEALTH SUPPORT

You can refer yourself directly to an NHS psychological therapies service (IAPT) without seeing your GP. These services offer therapies, such as cognitive behavioural therapy (CBT), for common problems including:
stress anxiety depression obsessive compulsive disorder (OCD) Phobias
Find your local services here: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>