

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"



FIVE WAYS TO WELLBEING

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life. Learn more on the [Wellbeing website](#).

RESILIENCE LEARNING

Tools and resources to help understand and build resilience. Access on SuccessFactors. For more information, click [here](#).

MINDFULNESS E-LEARNING

The 15 minute course describes the science behind mindfulness, as well as some basic techniques to support you in your mindfulness practice. Access on SuccessFactors. For more information, click [here](#).

EMPLOYEE ASSISTANCE PROGRAMME INFO SPECIALISTS

The EAP information specialists can help you with practical advice on a range of matters including relationships, finances, legal matters, health, and emotional issues. Click [here](#) to find out more information.

Free and confidential support 24 hours a day 365 days a year by telephone or online. Access support:

By phone - **0800 015 5630** (lines are open 24 hours, every day)

Online - Care First Lifestyle [website](#) log in username 'lifestyle1234' password 'carefirst'.

FINANCIAL WELLBEING TOOLS

Useful tools and links to articles and support for financial worries located [here](#).

EMPLOYEE ASSISTANCE PROGRAMME COUNSELLORS

All Care first counsellors are professionally qualified and accredited by the British Association for Counselling and Psychotherapy. Click [here](#) for more information.

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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.

SERVICES FOR JLR EMPLOYEES

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.

Thrive. Sign up [here](#).

(username: **lifestyle1234** password: **carefirst**).

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 campaign to support everyone to feel more confident in taking action to look after their mental health and wellbeing by promoting a range of self-care actions. Take the free and confidential quiz to get your personalised Mind Plan [here](#).

BEN – SUPPORT FOR LIFE FOR THE AUTOMOTIVE INDUSTRY

The automotive industry charity **BEN**, are here to help with life's ups and down.

Helpline (Open Monday to Friday 8am – 8pm) **08081 311 333**.

supportservices@ben.org.uk.

NON-JLR SERVICES

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](#).

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



ALL SERVICES ARE AVAILABLE TO ALL UK JAGUAR LAND ROVER EMPLOYEES

VISIT THE [WELLBEING WEBSITE](#) FOR INFORMATION AND ADVICE ON HOW TO LOOK AFTER YOUR MIND, BODY, AND LIFE