

**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"



SERVICES FOR JLR EMPLOYEES

NON-JLR SERVICES

**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](http://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](http://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](http://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](http://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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**THRIVE APP**

A game based App to help prevent and manage stress and anxiety and provides tips to help you relax tailored to your own local needs. Thrive <https://www.care-first.co.uk/signup/> (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 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](mailto:supportservices@ben.org.uk)

**EMPLOYEE ASSISTANCE PROGRAMME COUNSELLORS**

Professionally qualified counsellors available for free and confidential support 24 hours a day. Visit [www.wellbeing.jaguarlandrover.com/eap](http://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](http://www.eap-carefirst.com)) log in username 'lifestyle1234' password 'carefirst'

**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.

**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/>

**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

