

# DRIVERS MENTAL HEALTH SUPPORT

Don't believe everything you think

**It's common for lone workers and HGV drivers to experience mental ill health such as anxiety or depression. This can have an impact on their ability to work safely. Mental illness is very treatable.**

**It helps to talk.** Talk to someone you trust, your GP or a specialist organisation such as those listed below

## Samaritans

Confidential support for people experiencing feelings of distress or despair

**Phone:** 116123 (free 24-hour helpline)

**Website:** [www.samaritans.org.uk](http://www.samaritans.org.uk)

## Men's Health Forum

24/7 stress support for men by text, chat and email

**Website:** [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

## Narcotics Anonymous

**Phone:** 0300 999 1212 (daily, 10am to midnight)

**Website:** [www.ukna.org](http://www.ukna.org)

## Alcoholics Anonymous

**Phone:** 0845 769 7555 (24-hour helpline)

**Website:** [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## SANE

Emotional support, information and guidance for people affected by mental illness, their families and carers.

**SANEline:** 0300 304 7000 (daily, 4.30pm to 10.30pm)

### Textcare:

Comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Peer support forum: [www.sane.org.uk/supportforum](http://www.sane.org.uk/supportforum)

**Website:** [www.sane.org.uk/support](http://www.sane.org.uk/support)

## MIND

Promotes the views and needs of people with mental health problems

**Phone:** 0300 123 3393 (Monday to Friday, 9am-6pm)

**Website:** [www.mind.org.uk](http://www.mind.org.uk)

## Rethink Mental Illness

Support and advice for people living with mental illness

**Phone:** 0300 5000 927 (Monday to Friday, 9.30am-4pm)

**Website:** [www.rethink.org](http://www.rethink.org)

## Relate

Counselling services on marriage, parenting, LGBT issues and divorce

**Phone:** 0300 0030 396

**Website:** [relate.org.uk](http://relate.org.uk)

## Andys Man Club

**Website:** [andysmanclub.co.uk](http://andysmanclub.co.uk)

**Email:** [info@andysmanclub.co.uk](mailto:info@andysmanclub.co.uk)