



**Chartered Banker**

## Resources to help support you and your colleagues

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CABA supports the wellbeing of the global ICAEW community. This includes past and present ICAEW members, ACA students, ICAEW staff and their close family members.

[www.caba.org.uk/](http://www.caba.org.uk/)  
[www.cabamentalwellbeing.org.uk](http://www.cabamentalwellbeing.org.uk)



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MMU Students can refer to the university's support pages via the below link;

[www.mmu.ac.uk/student-life/wellbeing/get-support/](http://www.mmu.ac.uk/student-life/wellbeing/get-support/)

Or by calling: 0161 247 3493



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Each year the Bank Workers Charity helps thousands of current and former bank employees and their families through the provision of information, advice, expert support services and in some cases financial assistance.

[bwcharity.org.uk](http://bwcharity.org.uk)



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Young Minds is the UK's leading charity fighting for children and young people's mental health.

They want to see a world where no young person feels alone with their mental health, and all young people get the mental health support they need, when they need it, no matter what.

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)



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If someone's life is at risk – for example, they have seriously injured themselves or taken an overdose, or you do not feel you can keep yourself or someone else safe please **call 999** or **visit A&E**.

A mental health emergency should be taken as seriously as a physical one.

You will not be wasting anyone's time.

Alternatively, if you are in distress but it is not an emergency you can find your local NHS urgent mental health helpline here:

[www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline](http://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline)

Should you be unable to speak to your local NHS urgent mental health helpline,  
**call 111.**