

Health and Wellbeing Resource Guide

Useful resources to download, print or order



April 2024

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About this resource guide

It's so important that all staff have access to information and resources in the workplace to help support their health and wellbeing.

That's why we've pulled together a collection of places where you can access free health and wellbeing resources for your workspace including posters, leaflets, contact cards and other promotional materials designed to raise awareness and help signpost staff to help if they need it.

The resources we have linked to in this guide are free to download and can be printed or shared with your team digitally. Alternatively, where free hard copies are available, we have included details of how to order these for direct delivery or pick up.

Mental health support

Our Council Mental Health Support Routes Poster can be downloaded to print for your work location

Employee Assistance Programme (EAP)

PAM Assist Leaflet

PAM Assist Pocket Card Contact your Service HR for hard copies.

Public Health Resources Directory:

EPIC Card (Emergency Pocket Information Card) - a useful Z style pocket booklet with emergency mental health support contacts in Glasgow.

Access other awareness and support leaflets, booklets, posters and cards to download or order hard copies - NHS GCC Public Health Resources Directory (requires registration).

Breathing Space:

A4 Poster: Top tips for a more caring workplace

A3 Poster: Open up when you're feeling down. Helpline number

A4 Poster: You matter we care. Helpline number

A5 Leaflet: Helpline number

Booklet: The little book of caring ways

Order **free hard copies** by email info@breathingspacescotland.co.uk

Resources available in BSL: <https://www.breathingspace.scot/other-languages-and-formats/british-sign-language-bsl/>

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Samaritans:

[Little tips poster](#)

[Brew Monday campaign resources](#)

Email: scotland@samaritans.org for free hard copies of posters, leaflets and pocket cards.

See Me:

[Campaign pack - Everything you need to tackle mental health stigma and discrimination](#)

[Power of Okay Campaign Resources including Videos, Posters, Cards and Social Media](#)

[Pass the Badge Campaign Resources](#)

Order free hard copies by email info@seemescotland.org

NHS Self Help Booklets:

[Feeling stressed?](#)

[Overcoming panic attacks](#)

[Feelings of anxiety](#)

[Health anxiety](#)

[Trouble sleeping?](#)

[Issues with self esteem](#)

[Experiencing Low Mood?](#)

[Controlling your temper](#)

Order free hard copies - [NHS GCC Public Health Resources Directory](#) (requires registration and set up an account which is free).

NHS Health Scotland:

[Steps to deal with stress pocket card](#)

[Steps to deal with stress guide](#)

Order free hard copies by email p hs.otherformats@p hs.scot

SAMH:

[5 ways to better wellbeing leaflet.](#)

Suicide prevention

Public Health Resources Directory:

Access leaflets, booklets, posters and cards to download or order **free hard copies** - [NHS GCC Public Health Resources Directory](#) (requires registration and set up an account which is free).

Public Health Scotland:

[Read between the lines key messages pocket card](#)

[Read between the lines posters \(with Samaritans and Breathing Space contact numbers\)](#)

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The Art of Conversation – a guide to talking, listening and reducing stigma surrounding suicide

Order free hard copies by email p hs.otherformats@p hs.scot

SAMH Publications:

Guides - Understanding Mental Health Problems

Guides - Self-help and Wellbeing

Guides - Being there for someone

NHSGGC:

Help with suicidal thoughts poster

A3 Poster – Suicide Prevention Support Contacts

Movember: ALEC model guide - save a life

Alcohol and drugs

Public Health Resources Directory:

Access leaflets, booklets, posters and cards to download or order **free hard copies** - NHS GCC Public Health Resources Directory (requires registration and set up an account which is free).

Drinkaware:

Drinkaware posters, leaflets, guides, measuring cups

Alcohol Change UK: Factsheet: Alcohol and your mental health- Alcohol Change UK

Scottish families against drugs:

A3 Poster: Worried about someone's substance use

A3 Poster: Lost someone to alcohol or drugs - Bereavement Support

Support leaflet: Affected by someone's alcohol or drugs use?

Bereavement, grief and loss

Public Health Resources Directory:

Access leaflets, booklets, posters and cards to download or order **free hard copies** - NHS GCC Public Health Resources Directory (requires registration and set up an account which is free).

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NHS GGC:

[Leaflet: Support After Bereavement](#)

[Leaflet: Supporting those affected by bereavement](#)

[A3 Poster: Healthy ways to deal with grief](#)

Cancer

Public Health Resources Directory:

Access leaflets, booklets, posters and cards to download or order **free hard copies** - [NHS GCC Public Health Resources Directory](#) (requires registration and set up an account which is free).

Macmillan Cancer Support:

Order or download a wide range of information booklets including:

[Managing the symptoms of cancer](#)

[Side effects of cancer treatment](#)

[Help with the cost of cancer](#)

[Healthy eating and cancer](#)

Cancer Research UK:

Order a wide range of free promotional resources - leaflets, posters, pocket cards in:

[Preventing Cancer](#)

[Spotting Cancer Early](#)

[Cancer treatment and support](#)

Breast Cancer now:

[Order or download publications](#) including information leaflets, booklets, helpline cards
22.10.21 <https://www.wearitpink.org/all-downloads2>

Debt/Money

Worried about money?:

[Financial Wellbeing Staff Information Factsheet](#) - sources of help with finances

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Men's health

Public Health Resources Directory:

Order various men's health awareness and support leaflets, booklets, posters and cards - [NHS GCC Public Health Resources Directory](#) (requires you to register and set up a free account).

[Prostate Cancer booklet](#)

[Testicular Cancer booklet](#)

Women's health

Public Health Resources Directory:

Order various women's health awareness and support leaflets, booklets, posters and cards - [NHS GCC Public Health Resources Directory](#) (requires you to register and set up a free account).

[Leaflet: Sandyford Clinic - Menopause Services in Greater Glasgow and Clyde](#)

CIPD:

[Let's Talk Menopause poster](#) [Let's Talk Menopause Leaflet](#)

Musculoskeletal problems

People Asset Management (PAM):

[Physiotherapy Information Line \(PhIL\) Leaflet](#) - quick and speedy access to reliable information to help assess and manage your condition at an early stage.

Smoking

Quit Your Way Scotland:

[Information, resources and support to quit smoking](#)

Public Health Scotland:

[How to stop smoking and stay stopped e-book](#) and [Audio guide](#).

['Take it right outside' booklet - know the facts about second hand smoke](#)

NHS Inform: [Vaping](#)