



Environment
Agency



TEAM
Van Oord

A Directory of Services
for Health and Wellbeing

HEALTH AND WELLBEING SUPPORT

Health area	Organisation	National Website	Phone
ALCOHOL DRUGS	Alcohol Concern	Alcohol Concern information	02075 669800
		Alcohol Services near you (insert your postcode for a support service in your area)	02075 669800
	Drinkaware	Alcohol Support Services	020 7766 9900
		Drinkline: (A confidential helpline you can call if you're worried about your own or someone else's drinking (weekdays: 9am – 8pm, weekends: 11am – 4pm)	0300 123 1110
		Drinks calculator (works out how many units you have consumed)	
		Recommended units for both men and women = 14	
	NHS Choices	Find alcohol services near you (insert your postcode for a support service near you)	
	Federation of Drug and Alcohol Professionals	Federation of Drug and Alcohol Professionals	0207 407 0688
	SupportLine	SupportLine problems – Alcohol (hours vary so ring for details)	01708 765200
	FRANK (Drug advice)	Support near you (insert your postcode for services in your area)	0300 123 6600
	Addaction (Drug and alcohol)	Find a service near you (General enquiries and information)	020 7251 5860
	Public Health England	National Treatment Agency for Drugs and Alcohol	
Project 6	Useful Drug and Alcohol websites		

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BOWELS	NHS Choices	Bowel Cancer	
		Bowel Cancer screening Service	
		Find cancer support services near you (insert your postcode for a support service near you)	
	Bowel Cancer UK	Bowel Cancer Awareness (General enquiries)	020 7940 1760
	Macmillan cancer support	Understanding Bowel Cancer (Available Mon – Fri: 9am – 8pm)	0808 808 0000
BLADDER	NHS Choices	Urinary tract infections	
		Bladder cancer	
		Urinary incontinence	
	Macmillan cancer support	Bladder cancer	
		Support line (Available Mon – Fri: 9am – 8pm)	0808 808 0000,

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ANXIETY, STRESS AND DEPRESSION	NHS Choices	Clinical depression	
		Moodzone	
	Books on Prescription	Books on Prescription (Helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals and supported by public libraries. Prescription required from your Health Professional)	
	CALM	Campaign against living miserably (Dedicated to preventing male suicide, the biggest killer of men under 45 in the UK (open 5pm – midnight)	Nationwide 0800 58 58 58 London 0800 802 58 58 Webchat also available
	Depression Alliance	Depression Alliance information (During office hours)	0207 407 7584
		Action on Depression - SCOTLAND	0131 226 8152
	Mates in Mind	Mental health support for construction workers (support via partner organisations)	
	Mind	Support information	
		Find support in your area	
		A-Z of Mental health	
Mind Infoline (available from 9am to 6pm Monday to Friday (not Bank Holidays)		0300 123 3393	

ANXIETY, STRESS AND DEPRESSION (continued)	Mental Health Foundation	Information about depression	
	Online Cognitive Behaviour Therapy	Living life to the Full (Helping you to help yourself)	
	PAPYRUS	Prevention of young suicide (For young people under the age of 35 or anyone concerned about a young person)	HOPElineUK 0800 068 41 41
	Remploy	Workplace Mental Health Support Service	
	Rethink	Supports people affected by severe mental illness	
	Richmond Fellowship	Supporting people in employment	
	Samaritans	How we can help you	116 123

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<p style="text-align: center;">DIET</p> <p style="text-align: center;">HEALTHY EATING</p> <p style="text-align: center;">WEIGHT LOSS</p>	NHS Choices	Healthy eating	
		Food and diet	
		BMI Calculator (A body mass index (BMI) above the healthy weight range or too much fat around your waist can increase your risk of serious health problems, like heart disease, type 2 diabetes, stroke and certain cancers.)	
		Waist measurement (Carrying too much fat around your middle (waist) can increase your risk of developing conditions such as: heart disease, type 2 diabetes and cancer)	
		Change4life healthy eating	
		Sugar Smart (Download the Sugar Smart app onto your smart phone and scan the barcode on packaged food to see how many cubes of sugar it contains)	
	Heart UK	Improve your cholesterol levels	
		Cholesterol Helpline (Available Mon – Fri: 10am - 3pm)	0345 450 5988
	Slimming World	Slimming World (Enter your postcode to find a group near you)	
	Weight Watchers	Weight Watchers (Enter your postcode to find a group near you)	
	World Cancer Research Fund	Healthy recipes (Recipes to help prevent cancers)	
	British Heart Foundation	Healthy Eating	
Managing your weight			

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EXERCISE PHYSICAL ACTIVITY	NHS Choices	Benefits of exercise	
		Couch to 5k (The NHS Couch to 5K plan is designed to get you off the couch and gradually work you up to running 5K or for half an hour, in just nine weeks)	
		Exercise – getting started (Dancing, running, swimming, walking, cycling, rock climbing)	
		Change4life – get going every day	
		Exercises for lower back pain (Check with your GP before starting these exercises)	
	Walking for Health	Healthy walk schemes (Find a health walk scheme near you)	020 7339 8541
	Walking Britain	Information for walkers in Britain	
	Parkrun	Information about Parkrun (Parkrun is a series of 5k runs held on Saturday mornings in areas of open space around the UK. They are open to all, mostly free and are safe and easy to take part in.)	
		Find a Parkrun event near you	
	British Heart Foundation	Staying Active	
Workplace Challenge	Workplace Challenge (The Workplace Challenge is a national programme from the County Sports Partnership Network, which aims to engage workplaces and their employees, particularly targeting inactive people. The programme is comprised of a unique combination of online technology and offline activities and support all designed to develop an active workplace.)		

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HEART HEALTH	British Heart Foundation	Blood pressure	
		Cardiovascular disease (Cardiovascular disease (CVD) includes all the diseases of the heart and circulation including coronary heart disease, angina, heart attack, congenital heart disease and stroke)	
		Risk Factors for heart disease	
		Heart Helpline (Phone lines are open 9am - 5pm Monday to Friday)	0300 330 3311
	NHS Choices	Healthy Hearts	
		What is your heart age	
		Top ten healthy heart tips	
	Heart UK	Health and high cholesterol	
High Cholesterol helpline (Available Mon – Fri: 10am - 3pm)		0345 450 5988	

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MEN'S HEALTH	NHS Choices	Do I need a test for Prostate cancer	
		Know your prostate	
		Testicular cancer	
		Male sexual problems	
		Men's health 18 – 39 years	
		Men's health 40 – 60 years	
		Men's health 60+ years	
	Prostate Cancer UK	Help line (Specialist nurses available to answer your questions. Mon – Fri: 10am – 4pm; Weds: 10am – 8pm)	0800 074 8383
		Up to date prostate cancer information	
		Frequently asked questions about prostate cancer	
	Cancer Research UK	Testicular cancer	0808 800 4040
		Ask the nurse a question (Available Mon – Fri: 9am - 5pm)	
Sexual Advice Association	Factsheet for men	02074 867262	
	Helpline		

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WOMEN'S HEALTH	NHS Choices	Breast cancer	
		Cervical cancer	
		Ovarian cancer	
		Menopause	
		Women's health 18 – 39 years	
		Women's health 40 – 60 years	
		Women's health 60+ years	
	Cancer Research UK	Breast cancer	
		Ovarian Cancer	
		Ask the nurse a question (Available Mon – Fri: 9am - 5pm)	

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SEXUAL HEALTH	NHS Choices	Sexual Health	
		STI's (sexually transmitted infections)	
		Find services near you	
		Contraception	
	Brook (for people under 25 years)	Main website	
	Terrence Higgins Trust	Main website	
	Family Planning Association	Main Website	

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<p>LONG TERM CONDITIONS</p> <p>Chronic health conditions that cannot, at present, be cured, but can be managed with medication and other therapies</p>	<p>NHS Choices</p>	<p>Advice for Managers</p>	
		<p>Advice for employees</p>	
		<p>Type 2 diabetes</p>	
		<p>Coronary heart disease</p>	
		<p>Chronic Obstructive Pulmonary Disease (Lung disorder)</p>	
		<p>Arthritis</p>	
		<p>High blood pressure</p>	
		<p>Asthma</p>	
	<p>Diabetes UK</p>	<p>Main website</p>	
	<p>British Heart Foundation</p>	<p>Diabetes and your heart</p>	
		<p>High Blood Pressure</p>	
	<p>Arthritis Research UK</p>	<p>Main website</p>	
	<p>Asthma UK</p>	<p>Main website</p>	
		<p>Speak to an asthma nurse</p>	<p>0300 222 5800</p>