

# MENTAL HEALTH AND WELLBEING

**THE WELLBEING AND MENTAL HEALTH OF ALL BJA MEMBERS IS AN IMPORTANT PART OF OUR JUDO VALUES. PLEASE SEE SOME INFORMATION AND RESOURCES THAT OUR MEMBERS CAN ACCESS:**



## BECOME A MENTAL HEALTH 1ST AIDER FOR YOUR CLUB:

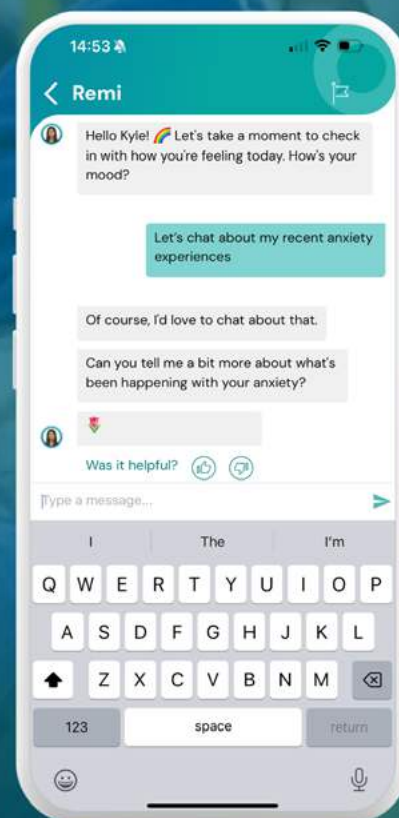
Mental Health First Aiders (MHFAiders®) are crucial to helping boost employee wellbeing as we adjust to a profoundly changed workplace environment. But while MHFAiders® work to support others, they need support, too.



InsideOut®



## Mental Health Support



Scan the QR code



Browse our self help tools



Chat to Remi, our AI mental health coach

Begin your journey today!



(You must be age 18+ to download this app)



**ACCESS A RANGE OF MATERIALS  
COURTESY OF MIND**



## FREE SUPPORT HELPLINES:

**shout**  
**85258**

here for you 24/7

**TEXT SHOUT TO 85258  
FOR FREE CONFIDENTIAL  
SUPPORT (24 HOURS)**



PREVENTION  
OF YOUNG SUICIDE

**CALL 0800 068 4141 FOR  
CONFIDENTIAL SUICIDE  
PREVENTION ADVICE  
(10:00AM-10:00PM)**



**CALL 0800 585858 FOR  
FREE, CONFIDENTIAL AND  
PRACTICAL SUPPORT  
(5:00PM-12:00PM)**

**SAMARITANS**

**CALL 116 123 AT ANY TIME,  
FROM ANY PHONE FOR  
FREE  
(24 HOURS)**