

Where to Go For Advice on Workplace Stress

Trade Union Congress (TUC)

Congress House
Great Russell Street
London WC1B 3LS

Tel: 0207 636 4030
Tel: 0870 600 4882 (TUC know your rights help line)
Email: info@tuc.org.uk
Web: www.tuc.org.uk

The TUC holds comprehensive information on health and safety issues, including stress and bullying. Call the TUC's "Know Your Rights" line to order information leaflets on your rights and other workplace issues.

Health and Safety Executive

HSE Information Centre,
Broad Lane
Sheffield S3 7HQ

HSE Info Line: 0541 545 500
Web: www.hse.gov.uk

The HSE ensures risks to health and safety from work activities are properly controlled and has responsibility for: industrial manufacturing, agriculture, mining and quarrying, offshore oil and gas production, construction and railway transport. They offer guidance on how to avoid a variety of workplace risks.

Health Education Board for Scotland

Woodburn House
Ganeen Lane
Edinburgh EH10 4SG

HEBS line: 0800 00 00 (health info line)
Web: www.hebs.scot.nhs.uk

HEBS researches smoking, drugs, alcohol, mental health and other aspects of health in Scotland, they take a lead in advertising and promoting good health. The web site is an excellent resource on health issues.

Association of Stress Management

19 Trowels Lane
Derby DE22 3LS

Tel: 01332 747 517
Web: www.asm-intl.com

ASM are an accredited organisation specialising in Stress Management offering training and advice on domestic or work stress, relaxation techniques, hypnosis, non-evaluative analysis and corporate stress management.

Centre for Stress Management

Priory Hospital
Hayes Grove
Prestons Road
Hayes BR2 7AS

Tel: 0208 293 4114 (to be sent course details)
Tel: 0208 853 1122 (for organisations)
Web: www.managingstress.com

An international training centre and consultancy, runs courses in stress management and counselling, psychotherapy and coaching suitable for professionals wishing to gain more knowledge and skills in these subjects. They also provide stress auditing, stress counselling and stress management for individuals and organisations. Resources available for individuals via the Web site.

Chart. Inst. Of Personnel Development

35 Camp Rd
London SW19

Tel: 0208 971 9000
Web: www.cipd.co.uk

A professional body for those involved in the management and development of people.

Institute of Management

Management House
Cottingham Road
Corby
Northamptonshire NN17 1TT

Tel: 01536 204222
Web: www.inst-mgt.org.uk

The mission of the Institute of Management is to promote the art and science of management.

Mental Health Foundation

20/21 Cornwall Terrace
London NW1 4QL

Tel: 0207 535 7400
Email: mhf@mentalhealth.org.uk
Web: www.mentalhealth.org.uk

Produce a stress and anxiety leaflet and a booklet on mental health in the workplace. Both can be obtained for free by calling 020-7535-7474 or downloaded from their Web site.

The Samaritans

Tel: 08457 909 090 (cost of a local call)
Tel: 1850 609 090 (Republic of Ireland)
Email: jo@samaritans.org
Web: www.samaritans.org.uk

Offers a confidential listening and email service 24 hours a day.

Mind
15_19 Broadway,
London E15 4BQ

Info line: 08457 660 163 (outside London)
Tel: 0208 522 1720 (London)
E-mail: contact@mind.org.uk.
Web: www.mind.org.uk

Raises the awareness of mental health, campaign for the rights of people experiencing mental distress.

Alternative treatments for stress

There are also a number of organisations that can help you contact a therapist who may help you beat stress by promoting well being and relaxation.

The Aromatherapy Organisations Council Tel: 0208 251 7912 (Mon-Fri 10am-2pm)
3 Latymer Close Web: www.aromatherapy-uk.org
Braybrooke
Market Harborough
Leicester LE6 8LN.

The UK governing body for aromatherapy, representing 13 professional associations and 85 training establishments. Can give you information on your nearest qualified aromatherapists.

British Acupuncture Council Tel: 0208 735 0400 (Mon-Fri 9am-1pm & 2pm-5.30pm)
63 Jeddo Road Email: info@acupuncture.org.uk
London W12 9HQ Web: www.acupuncture.org.uk

The British Acupuncture Council (BAC) represents 1,800 acupuncturists who have extensive training in acupuncture. Members practise a recognised and traditional style of diagnosis and treatment therapy; provide information to the public, information on local practitioners and general information about acupuncture.

Norfolk Stress Clinic Tel: 01603 426 480 (Mon-Fri 9am-12pm)
23 Raymond Close Email: norfolk.stress@virgin.net
Norwich NR6 6PG Web: www.norfolkstressclinic.co.uk

Offers free internet advice and assessment, live consultations or email support (small fee). Also provides local counselling and coaching for all stress related health and relationship problems.

Royal College of Psychiatrists Tel: 0207 235 2351 (Mon-Fri 9.30am-4.30pm)
17 Belgrave Square E-mail: infoservices@rcpsych.ac.uk
London SW1X 8PG Web: www.rcpsych.ac.uk

Public information leaflets and fact sheets on mental health issues including depression, sleeping, eating disorders, bereavement, social phobias, schizophrenia, child and adolescent issues. The help line provides contact details of other organisations, but does not provide contact details of individual members.

UK Council for Psychotherapy Tel: 020 7436 3002 (Mon-Fri 9am-5pm)
167-169 Great Portland Street Web: www.psychotherapy.org.uk
London W1N 5PB

Maintains a voluntary register of approximately 5000 properly qualified professional psychotherapists. Free regional listings available to general public, as well as information on different types of psychotherapy.