JustAsk is a service offering confidential support and direction to University employees who are feeling stressed at work. It is operated by a team of volunteers who can provide a listening ear and information to their colleagues on a range of issues. [www.ncl.ac.uk/justask/](http://www.ncl.ac.uk/justask/)

### The University's Occupational Health Service

The Occupational Health Service provides information, advice and treatment for work-related health problems and health problems that can affect work. OH offer counselling on personal and work-related problems with complete confidentiality. Referral is normally through your line manager. To see our full range of services visit: [www.ncl.ac.uk/occupationalhealth/](http://www.ncl.ac.uk/occupationalhealth/)

### Newcastle University Carers’ Network

You are a carer if you provide care and support to a relative, partner, child, friend or neighbour who has a disability, health condition, is frail due to old age or is finding it hard to cope for other reasons. This staff network provides a platform for carers to ask questions, share practical advice or information, or simply meet others in a similar situation to their own. Informal meetings take place approximately every two months. You can join our email list too. Find out more at: [www.ncl.ac.uk/diversity/about/networks/carers.php](http://www.ncl.ac.uk/diversity/about/networks/carers.php)

### Chaplaincy

Want to talk to someone about life issues in general? Don’t know where to turn? Why not contact one of the University Chaplains? The Chaplains offer support to staff as well as students and are happy to talk to you whether you are of a particular faith or none.

The Chaplaincy can be found at 19/20 Windsor Terrace (building 39 on campus map) [www.ncl.ac.uk/chaplaincy/](http://www.ncl.ac.uk/chaplaincy/)

### CALM is just a few clicks away

CALM (Computer Aided Lifestyle Management) - is an online, self-help multimedia programme available to all staff. It uses interactive tools to help you to identify, and then deal with issues such as anxiety, insomnia, stress, depression and substance abuse. For further information on the CALM system, what tools are available and how to obtain your personal, confidential account, visit [http://www.ncl.ac.uk/ohss/health/treatment/self-help/CALM.htm](http://www.ncl.ac.uk/ohss/health/treatment/self-help/CALM.htm)

### Staff Development Unit

The SDU have a range of personal development workshops aimed at helping employees deal with stress or other difficult situations. For further information visit: [www.ncl.ac.uk/staffdev/](http://www.ncl.ac.uk/staffdev/)

### External Sources of Support

- [Recourse](http://www.recourse.org.uk/)
- [Citizens Advice Bureau](http://www.citizensadvice.org.uk/)
- [Samaritans](http://www.samaritans.org/)
- [Mind](http://www.mind.org.uk/)
- [Consumer Credit Counselling Service](http://www.cccs.co.uk/)
- [Relate](http://www.relate.org.uk/)

### Trade Unions

- **Unison:** [unison.ncl.ac.uk](http://unison.ncl.ac.uk)
- **UCU:** [newcastle.web.ucu.org.uk](http://newcastle.web.ucu.org.uk)
- **Unite:** [www.unitetheunion.com](http://www.unitetheunion.com)
Frank www.talkofrank.com/