

## Wellbeing policy

### About Bisley

The Bisley Office Furniture Group conducts its business from its manufacturing site at Newport in South Wales, Bagshot in Surrey and the showrooms located in Dallington Street, London and the Calico Building, Manchester. Bisley is a UK manufacturer of a wide range of steel storage products predominantly for the business workplace, with ranges designed for those working from home for both the UK and international markets. Bisley also manufactures industrial storage products designed for use in heavy engineering environments for both commercial and private sectors.

### Access

Our wellbeing resources will be available under the wellbeing section on Blink, which will be updated regularly. Access to free third-party support and advice can be made available upon request to the HR department and via the links available below and online on both Blink and the Company website. This information will also be signposted across our main site throughout various department.

### Helpful links

#### Occupational health is provided by Insight health screening.

Phoneline: 01792 321010

(They also provide details of websites that employees can use after their initial consultation/management referral).

#### Mind

Mind provides advice and support to empower anyone experiencing a mental health problem.

<https://www.mind.org.uk/information-support/>

Mind Infoline: 0300 123 3393\*

\*Calls from UK landlines are charged at local rates. Charges from mobile telephones vary. The charge for your call will depend on your mobile phone provider and the contract that you have with them. Mind does not get any money from telephone calls.

#### Samaritans (free 24-hour listening support)

When life is tough, Samaritans are here to listen at any time of the day or night. You can talk to them about anything that's troubling you, no matter how difficult:

<https://www.samaritans.org/?nation=wales>

Phoneline (free): 116 123

### **Shout 85258**

Shout 85258 offers confidential 24/7 crisis text support for times when you need immediate assistance:

<https://giveusashout.org/>

text "SHOUT" to 85258

### **CALM**

CALM is the Campaign Against Living Miserably, for people in the UK who are down or have hit a wall for any reason:

<https://www.thecalmzone.net/>

Phoneline (free): 0800 58 58 58 (daily, 5pm to midnight)