

Help and Support

Knowing what help and support is available to someone, and understanding the services provided, is a critical part of an Ambassador's role within I Am Here. Ambassadors stand up within the Tribe to promote a culture where **it's ok not to feel ok; and it's absolutely ok to ask for help**. As an Ambassador, if you notice someone who may not be feeling ok, you can guide them to the help and support they may need.

I Am Here groups **help and support** into six key pillars:



EMOTIONAL
WELLBEING



PHYSICAL
HEALTH



SPIRITUAL
WELLBEING



SOCIAL
WELLBEING



FINANCIAL
WELLBEING



WORK AND
CAREER

Listed below is the help and support available within Crown Roofing and Sweden.

Sweden



EMOTIONAL
WELLBEING

Being aware of your emotions and feelings. Having the resilience to overcome challenges and the ability to cope with the normal stresses of life.

Doctor

Psychologist, therapist or counsellor

**Crown Roofing Confidential Employee Assist Programme
(for direct employees of Crown Roofing and Cladding):**

Irish counselling and Psychotherapy Service.
Simply email info@counsellingonline.ie to seek support.

Lighthouse Club Construction Industry Helpline

(Crown Roofing and Cladding direct employees and subcontractor support):

UK 0345 605 1956

ROI 1800 939 122

Public Health Agency of Sweden

www.folkhalsomyndigheten.se

010 205 20 00 or email info@folkhasomyndigheten.se

National Health Hotline (Emergency)

If you or someone you know is in acute need of psychiatric help, dial the SOS emergency number in Sweden, 112.

National Health Hotline (Non-Emergency)

For more information about mental health, illnesses and where to find your nearest health care centre, dial 1177.

www.1177.se

Suicide Prevention Hotline

Provides free and confidential support to anyone having thoughts of taking their own life including friends and family of someone with such thoughts. Available 24/7.

<https://mind.se/hitta-hjalp/sjalvmordslinjen/>

Dial 90101, webchat or email.

Mind Forum

Safe online place where you can anonymously talk about life when it feels tough. You can share, give and receive support, read facts about mental illness and read other people's stories.

<https://forum.mind.se/>

The Parent Line

Provides support services for parents.

<https://mind.se/hitta-hjalp/foraldralinjen/>

020 85 20 00

<div data-bbox="267 371 446 550" data-label="Image"> </div> <div data-bbox="292 577 422 630" data-label="Section-Header"> <p>PHYSICAL HEALTH</p> </div> <div data-bbox="203 672 503 955" data-label="Text"> <p>Making good choices that contribute to better physical health such as keeping active, balanced nutrition, adequate sleep and sufficient hydration.</p> </div>	<div data-bbox="933 357 1031 388" data-label="Text"> <p>Doctor</p> </div> <div data-bbox="738 430 1218 462" data-label="Text"> <p>Physiotherapist/massage therapist</p> </div> <div data-bbox="836 493 1128 525" data-label="Text"> <p>Dietician/nutritionist</p> </div> <div data-bbox="868 567 1096 598" data-label="Text"> <p>Personal trainer</p> </div> <div data-bbox="730 672 1226 703" data-label="Section-Header"> <p>Public Health Agency of Sweden</p> </div> <div data-bbox="771 714 1185 745" data-label="Text"> <p>www.folkhalsomyndigheten.se</p> </div> <div data-bbox="617 745 1339 777" data-label="Text"> <p><u>010 205 20 00</u> or email info@folkhasomyndigheten.se</p> </div> <div data-bbox="803 819 1153 850" data-label="Section-Header"> <p>Alcoholics Anonymous</p> </div> <div data-bbox="568 850 1388 955" data-label="Text"> <p>A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.</p> </div> <div data-bbox="901 955 1055 987" data-label="Text"> <p>www.aa.se</p> </div> <div data-bbox="755 987 1209 1018" data-label="Text"> <p><u>08 720 38 42</u> or email help@aa.se</p> </div> <div data-bbox="812 1060 1144 1092" data-label="Section-Header"> <p>Swedish Food Agency</p> </div> <div data-bbox="544 1092 1421 1165" data-label="Text"> <p>Provides information, resources and supports on healthy dietary habits, safe foods, healthy cooking and more!</p> </div> <div data-bbox="803 1165 1153 1197" data-label="Text"> <p>www.livsmedelsverket.se</p> </div> <div data-bbox="885 1197 1071 1228" data-label="Text"> <p><u>018 17 55 00</u></p> </div> <div data-bbox="698 1270 1258 1302" data-label="Section-Header"> <p>Sweden's National Women's Helpline</p> </div> <div data-bbox="544 1302 1421 1375" data-label="Text"> <p>Provides 24/7, free and confidential support to those subjected to violence and threats as well as their loved ones.</p> </div> <div data-bbox="885 1375 1071 1407" data-label="Text"> <p><u>020 50 50 50</u></p> </div> <div data-bbox="795 1449 1161 1480" data-label="Text"> <p>Online apps and resources</p> </div>
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 <p>SPiritual WELLBEING</p> <p>Having a sense of purpose, connectedness, meaning and harmony that reflects your values and beliefs.</p>	<p>Spiritual leader</p> <p>Reiki therapist</p> <p>Public Health Agency of Sweden www.folkhalsomyndigheten.se 010 205 20 00 or email info@folkhasomyndigheten.se</p> <p>Spiritual Care Sweden Provides spiritual care to patients and their families. Available 24/7 to people of all faiths as well as those of no particular affiliation. https://www.swedish.org/services/spiritual-care <u>206 386 6000</u></p> <p>Online apps and resources</p>
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SOCIAL WELLBEING

Having the ability to form satisfying interpersonal relationships with others. It also relates to your ability to adapt comfortably to different social situations and act appropriately in a variety of settings.

Social worker

Relationship counsellor

Life coach

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Lighthouse Club Construction Industry Helpline (Crown Roofing and Cladding subcontractor support):

UK 0345 605 1956
ROI 1800 939 122

Public Health Agency of Sweden

www.folkhalsomyndigheten.se
010 205 20 00 or email info@folkhasomyndigheten.se

Alcoholics Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

www.aa.se
08 720 38 42 or email help@aa.se

Gamblers Anonymous

Support community of men and women who share their experience, strength and hope with each other so they can solve their common problems and help others recover from gambling addiction.

www.gamblersanonymous.se

Rotary International

A global network of 1.2 million people who see a world where people unite and take action to create lasting change. As a member, you can share ideas, make plans, hear from the community and catch up with friends during club programmes that fuel the impact Rotary International makes.

www.rotary.se

Online apps and resources



**FINANCIAL
WELLBEING**

Understanding your financial situation in order to make the most of what you have in day-to-day life and in planning for your future.

Financial advisor

Bank or credit union

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UK 0345 605 1956

ROI 1800 939 122

Sweden – Social Assistance

Provides financial assistance if you are unable to support yourself.

<https://ec.europa.eu/social/main.jsp?catId=1130&langId=en&intPageId=4816>

Gamblers Anonymous

Support community of men and women who share their experience, strength and hope with each other so they can solve their common problems and help others recover from gambling addiction.

www.gamblersanonymous.se

Online apps and resources



**WORK AND
CAREER**

Working productively and fruitfully, feeling fulfilled, motivated and maintaining a healthy work-life balance.

Career counsellor

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Irish counselling and Psychotherapy Service.

Simply email info@counsellingonline.ie to seek support.

**Lighthouse Club Construction Industry Helpline (Crown
Roofing and Cladding direct employees and subcontractor
support):**

UK 0345 605 1956

ROI 1800 939 122

Swedish Public Employment Service

Provides employment supports and resources.

www.arbetsformedlingen.se

Online apps and resources