



## **Mental Health and Wellbeing at Dance4**

Dance4 is striving to be a healthy workplace where mental health is valued equally to physical health. We understand that wellbeing is good for business and that healthy staff, artists, students and participants are happier, more engaged and more productive.

Dance4 will raise awareness of mental health in all areas of its work and will provide Mental Health First Aid accredited training to its permanent employees and other staff where relevant. This will give people the tools to support their own mental health and that of others, encouraging them to access timely support when needed.

Mental Health First Aiders are a point of contact if you, or someone you are concerned about, are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.

### **Our current Mental Health First Aiders are:**

Becky Aram	Hayley Arthur	Jess Ashley	Freya Coles
Dwayne Church-Simms	Rachel Emmett	Paul Russ	Emily Thurston

If you have any questions about Mental Health at Dance4, please contact Rachel Emmett, Executive Director

### Useful contacts:

#### **24/7 Telephone Lines**

Samaritans	116 123
Nottinghamshire NHS helpline	0115 969 1300

#### **24/7 Text Service**

Text SHOUT to	85258
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#### **Online**

Hub of Hope (support in your area)	<a href="https://hubofhope.co.uk">https://hubofhope.co.uk</a>
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**Heads Together** <https://www.headstogether.org.uk/get-support/>  
List of Charity Partners

Updated 10/9/20