



Support for Managers



Grocery colleagues responsible for co-workers can access free and confidential support.

All grocery colleagues have access to financial, emotional and practical support through GroceryAid, but our management support provides help for both the practical and personal side of your job role, and we don't share any details with your employer.

Self-Referral

Encourage the individual to contact the free and confidential **Helpline on 08088 021 122**, available **24/7, 365 days a year**, to speak to a qualified counsellor.

Management Support

If a colleague's problem is unfamiliar, or you are not sure how to help, you can call the Helpline yourself to discuss options.

Informal Management Referral

If a colleague is very distressed and unable to make the initial call on their own, with them present you can make an informal management referral and then hand over the phone once the colleague is ready.

Supporting You When Helping Others

Supporting you in having difficult conversations with your team and guidance on how you can support your colleagues with their mental health. Support for Managers also offers a confidential environment to discuss work and safeguard your own mental wellbeing.

To access GroceryAid's free and confidential management support, call the Helpline anytime on

08088 021 122
or visit [groceryaid.org.uk](https://www.groceryaid.org.uk)

