

Looking after your Wellbeing

Your overall wellbeing is fundamental to how fulfilled your life feels. Positive wellbeing improves your resilience and will help you overcome difficulties and life's challenges. So ensuring you look after your wellbeing is vital. This guide should provide you with information and guide you to where you can get the support you need.

Mental health problems affect one in four of us, yet many people can feel isolated, ashamed and worthless because of this. Poor mental health can affect anyone, of any age, gender or background.

Research has shown that emergency services workers are twice as likely as the public to identify problems at work as the main cause of their mental health problems, but they are also significantly less likely to seek help. So it's even more important to look after your own mental health when working on the frontline.



Physical Health

Research shows that being sedentary is bad for your health, so ensure you keep active. Exercise helps both your physical and mental health, so it's important to stay active.

For more details on looking after your physical health read our physical health guide [here](#) and our wellbeing and workout guide [here](#).



Financial Wellbeing

Staying in control of your day-to-day finances will help you ensure you have enough money to meet your needs which will lead to long term security and financial freedom to make choices that allow you to enjoy life.

Money worries are not just a financial problem they can cause relationships problems, people to lose homes and families to break down. People from all walks of life can end up in debt for many different reasons, like divorce, redundancy, ill health or bereavement.

It's not always easy to talk about money worries but if you're struggling financially it's important to take action.

For more details, read our debt awareness guide [here](#).

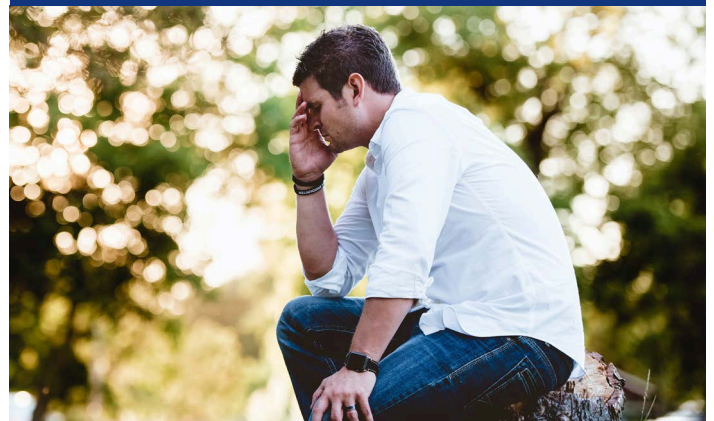


Mental Health

Taking care of your mental health is as important as taking care of your physical health. According to **Mind**, mental health problems affect around one in four people in any given year.

For more details on looking after your mental health, read our guide [here](#).

To read our stress awareness guide click [here](#).



Gambling problems

Gambling can lead to problem debt. Having a gambling problem can also have a devastating impact on your relationships with other people.

It is important to speak to professionals if you are concerned about your gambling, call the National Gambling Helpline on **Freephone 0808 8020 133**, advisers are available 24 hours a day.



Sleep

We all know that a good night's sleep makes us feel better. An average of 8 hours will replenish all of our energy stores. What's more, this downtime helps protect us from infection, providing a shield for our immune system.

For more information, read our sleep guide [here](#).



Police Mutual Services

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual

Password: careline

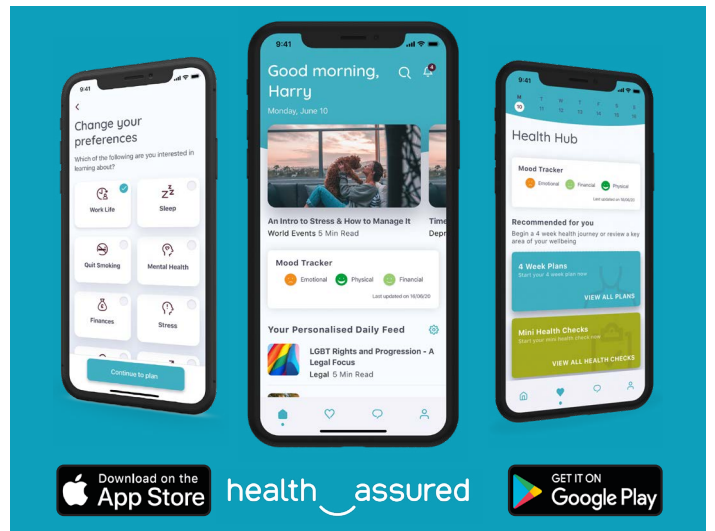
Download the **My Healthy Advantage App** and register today - your code is **MHA107477**

Getting help with Debt

We've teamed up with **PayPlan***, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan*** on **0800 197 8433**.



To read more of our wellbeing guides take a look at our [Wellbeing Hub here](#).

Getting other support

Where to get help:

[Police Federation](#)

[Oscar Kilo](#)

[NHS](#)

[Samaritans](#)

[Mind](#)

[AnxietyUK](#)

[Mental Health Org](#)

[Gov.uk](#)

[MoneyAdvice Service](#)

[World Health Organisation](#)

[Money Helper](#)

[Calm](#)

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