



kintsugi wellness

at wagamama, our people promise commits to making sure that we make sure everyone feels welcome, supported and part of our special community, and we want everyone to feel supported with their mental health + wellbeing

if you need any support with your mental health +/or wellbeing, we'd encourage you to speak to your line manager, or one of the external providers below

care first

sometimes we can all find it a struggle to balance the demands of work, family + relationships through **care first**, our external employee assistance programme

you will have access to a team of specialists who provide 'in-the-moment' practical information + advice services around issues that may be affecting you in life or work

care first also provides access to a team of trained counsellors offering support at the most difficult of times

confidential telephone counselling and advice + guidance. available 24 hours a day, 365 days a year on

0800 015 5630

safe sanctuary

safe sanctuary is here to provide a place where any member of our wagamama community can call or report any serious occurrence of unethical behaviour, like discrimination, harassment or health + safety concerns

we encourage everyone to speak with their line manager in the first instance to review any concerns, though if you don't feel comfortable raising with your manager or a member of the people team you can contact safe sanctuary in confidence

**24 hours a day
365 days a year
multilingual offering**

**wagamama.ethicspoint.com
0808 196 5837**

shout **85258**

sometimes it can be hard to pick up the phone to talk about how you're feeling. that's why our charity partner, shout provide a **free, confidential and 24/7 text messaging support service** for anyone struggling to cope with their mental health

to contact shout, text the word 'shout' to **85258** to start a conversation with a trained volunteer

suicide, depression, sadness, anxiety or stress are the most common reasons people text shout for support, closely followed by relationship issues, loneliness + self-harm

**text shout to 85258
to access 24/7, free,
confidential support**

who can i contact if i have a problem that i don't want to discuss with my manager?

safe sanctuary |

24 hours a day, 365 days a year
independent + confidential
multilingual offering

online | wagamama.ethicspoint.com
phone | 0808 196 5837

your people business partner |

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people services team |

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