

"The financial support has made a huge difference to our lives as everything is so tight and difficult with my partner unable to work ever again. I would highly recommend the Retail Trust as I feel someone has listened to what I am going through and been able to make a big difference."

Andrea
Retail Assistant | Next



**Retail
TRUST**
1832 ONWARDS

Realise your potential.

We help provide you with the clarity to look after your health and wellbeing. And be who you want to be.



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Free, confidential wellbeing support,
24 hours a day

retailtrust.org.uk | 0808 801 0808

No one talks about mental health, right?

The truth is it affects all of us at some point in our lives. But who do we turn to? Who can we trust? So we are able to deal with the here and now. And feel ready to face the future.

The Retail Trust cares passionately about the health and wellbeing of everyone in retail. No matter how bad things get, we provide you with reassurance and clarity. And help find the answers you need to realise your potential.

You can access our wellbeing services on our website at retailtrust.org.uk or by phone on 0808 801 0808.



24-hour wellbeing helpline

Free, confidential support, 24 hours a day, seven days a week, by phone or our contact us form. Our expert advisors can help you think more clearly and make better decisions.

Wellness hub

Access the latest and most comprehensive health and wellbeing self-help content all in one place. The Retail Trust website is packed full of articles, quizzes, videos and guidance on everything from mental health and wellbeing to your career and lifestyle. You can easily select what's most important to you and get a totally personalised service.

Chat

Our digital assistant, 'Marti', is always on hand to help you navigate our wellbeing services. And enable you to get the right support as quickly as possible.

Counselling

We offer sessions for colleagues, couples and families to talk through and manage their feelings, either face-to-face, over the phone or by video.

Cognitive behavioural therapy (CBT)

Proven in helping people develop practical strategies to manage their wellbeing, you can access qualified CBT support over the phone or online to help you reframe your responses.

Legal guidance

Working with specialists we offer legal guidance on a wide range of situations and concerns, from understanding tenancy rights through to the legal considerations of a marriage breakdown. Please note that to avoid a conflict of interest we are unable to offer guidance on any matter relating to employment law.

Financial support

We are on hand to help you with free and confidential debt advice, and financial aid during times of need.

Critical incident support

We provide immediate 24-hour assistance, both remotely and onsite following a work-related critical incident. This can be any situation in which someone experiences a threat to their own life or physical safety, a traumatic event, or has been affected by the death or injury of a colleague such as an accident, suicide or crime.