

GETTING
LIVES BACK
ON TRACK



GRAND PRIX
TRUST

GPT Welfare Directory

For forty years, the Grand Prix Trust has aided Formula One's trackside and factory-based team personnel, including the wider F1 supply chain, in their time of need whatever challenges they may face. We also organise events annually to promote social interaction for our registered members, which is free of charge for those eligible.

Introduction

The Grand Prix Trust A-Z Wellbeing Directory is designed to support anyone working in or around motorsport by making it easy to find clear, trusted information. Whether you are looking for guidance on mental health, neurodiversity, financial wellbeing, family support, addiction, or any other area of welfare, each section provides straightforward explanations and direct links to reputable organisations.

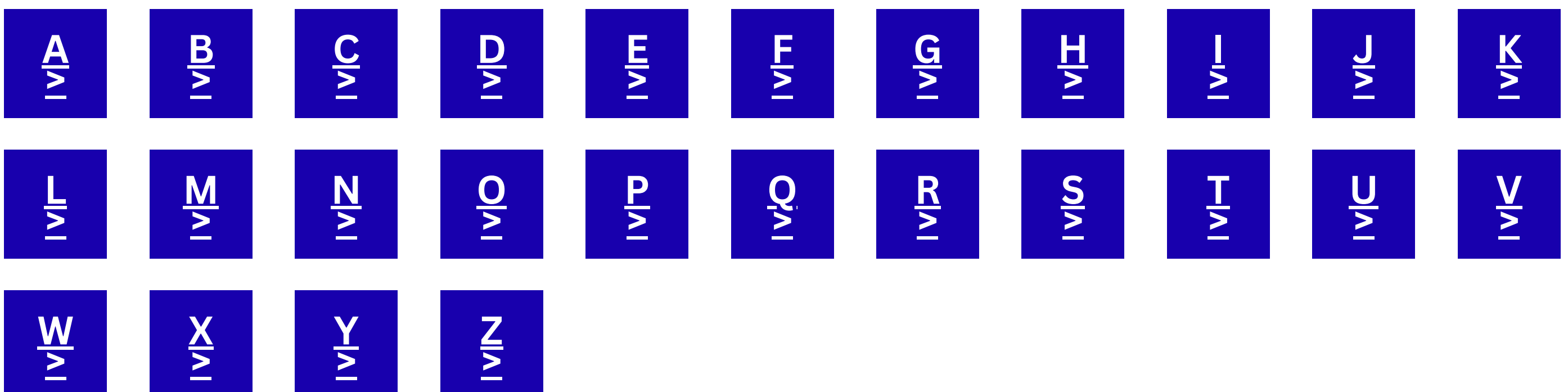
This directory brings together reliable resources from charities, NHS services, and motorsport-specific support networks to help you access the right help at the right time. You can browse the topics alphabetically or jump directly to the section most relevant to you.

If you need confidential support or would like to discuss your situation, the Grand Prix Trust team is here to help you get life back on track.



If you or someone you know is in immediate danger, you should call 999

A - Z



Addiction

★ Guidance and support for drug, alcohol and behavioural addictions.

[→ Mind Information and Support](#)

ADHD

★ Understanding ADHD and how to access assessment pathways and support in the UK.

[→ NHS Information and Support](#)

[→ Assessment Pathways](#)

Advocacy

★ Find an advocate to help you understand your rights and your voice.

[→ NHS Advocacy Advice](#)

[→ Grand Prix Trust Welfare Support](#)

Alzheimer's/ Dementia

★ Information on symptoms, diagnosis and care for Alzheimer's and other dementias.

[→ NHS Information and Support](#)

[→ Grand Prix Trust Welfare Support](#)

Anxiety

★ Symptoms, self-help and treatments for anxiety and panic.

[→ NHS Information and Support](#)

[→ Explore Treatments Available](#)

Autism

★ Understanding autism and how to access diagnosis pathways and support.

[→ NHS Information and Support](#)

[→ Diagnosis Pathways](#)

– End of section –

Bereavement

★ Support for coping with grief and practical steps following a loss.

→ [NHS Information and Support](#)

→ [Grand Prix Trust Bereavement Support](#)

Bullying

★ Advice and routes to help if you are experiencing bullying at work.

→ [NHS Information and Support](#)

Burnout

★ Recognise signs of burnout and practical ways to recover.

→ [NHS Information and Support](#)

→ [Managing Burnout in Motorsport](#)

— End of section —

Career Transition

★ Support with career changes, retraining, and planning next steps.

→ [National Career Service](#)

→ [Grand Prix Trust: Training for Alternative Employment](#)

Crisis Support

★ If you need urgent mental health help right now, use these services.

→ [NHS Urgent Support](#)

Chronic Conditions

★ Living well with long-term conditions and practical resources.

→ [NHS Information and Support](#)

→ [Resource Pack](#)

Communication and Conflict

★ Tools for constructive conversations and conflict resolution at work.

→ [Mind Guidance](#)

— End of section —

Depression

★ Symptoms, treatments and self-help for depression.

[→ NHS Information and Support](#)

Disability

★ Information on disability rights, support services, adjustments and signposting.

[→ NHS Information and Support](#)

Diversity and Inclusion

★ Equality, diversity and inclusion across UK motorsport.

[→ Motorsport UK Guidelines](#)

Domestic Violence

★ Confidential advice and safety planning for anyone experiencing abuse.

[→ Helpline](#)

— End of section —

Eating Disorders

★ Understanding eating disorders and where to find treatment and local support.

[→ NHS information & support](#)

[→ Local support](#)

Employment Rights

★ Know your rights at work and where to get impartial advice.

[→ Employment rights bill](#)

[→ Employment advice](#)

— End of section —

Factory and Trackside Staff

★ Support available to staff working at the factory and at track, including GPT services.

[→ Grand Prix Trust Information](#)

Family Support

★ Parenting, safeguarding, and family wellbeing resources.

[→ NSPCC Advice & Support](#)

Fatigue

★ Sleep, shift work and energy management for demanding schedules.

[→ NHS self-help tips](#)

[→ Fatigue management workbook](#)

Financial Wellbeing

★ Tools to manage money worries and find support.

[→ NHS advice](#)

First Aid for Mental Health

★ Train as a Mental Health First Aider to support colleagues and friends.

[→ Become a mental health first aider](#)

Gambling Addiction

★ Free helpline and treatment referrals for gambling harms.

[→ National gambling helpline](#)

Grief

[→ See Bereavement](#)

– End of section –

Harassment

★ Free helpline and treatment referrals for gambling harms.

[→ Motorsport UK - Report It](#)

— End of section —

Inclusion

★ Creating safe, fair and inclusive environments in motorsport.

→ [Motorsport UK - Equality, Diversity and Inclusion](#)

— End of section —

Job Loss or Change

[→ See Career Transition](#)

— End of section —

Knowledge Sharing

★ Opportunities and programmes that open pathways into motorsport.

[→ Motorsport UK - Upreach Programme](#)

[→ Grand Prix Trust](#)

— End of section —

Learning Difficulties

★ Opportunities and programmes that open pathways into motorsport.

[→ NHS Information & Support](#)

LGBT

★ Advice, community and campaigns for LGBTQ+ people.

[→ Stonewall Website](#)

Lifestyle Balance

★ Everyday wellbeing habits for a balanced life.

[→ NHS - Live Well](#)

[→ Strategies for Balanced Life](#)

Loss

[→ See Bereavement](#)

– End of section –

Meditation

★ Simple practices to reduce stress and improve focus.

[→ NHS Guide](#)

[→ Mind - Exercises and Tips](#)

Men's Health

★ Resources tailored to men's physical and mental health.

[→ NHS Men's Health Hub](#)

Mental Health

★ Understand mental health conditions and how to find support.

[→ NHS Information & Support](#)

[→ Mind Website](#)

[→ The Mix Website](#)

See Also:

[→ Anxiety](#)

[→ Self-Harm](#)

[→ Depression](#)

[→ Suicide](#)

[→ Eating Disorders](#)

Neurodiversity

★ Awareness, workplace adjustments and strengths-based approaches.

[→ Neurodiversity :: Keeping Well](#)

Night Shift

★ Practical tips for rotating shifts and circadian disruption.

[→ NHS Information & Support](#)

Non-Emergency Help

★ When it's urgent but not life-threatening, contact **NHS 111**.

[→ NHS 111](#)

Nutrition

★ Healthy eating guidance for sustained energy and recovery.

[→ NHS Eat Well](#)

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Resources for this section will be added in future updates.

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Racism

★ Guidance and reporting routes for racism and hate incidents in and outside work.

→ [True Vision](#)

→ [Stop Hate UK](#)

— End of section —

Self-Harm

★ Understand self-harm and where to find confidential help.

[→ NHS Information & Support](#)

[→ Mind Website](#)

Sleep Health

[→ See Fatigue](#)

Sudden Cardiac Arrest

★ Defibrillators and cardiac emergency information.

[→ London Hearts Website](#)

Suicide

★ 24/7 helplines and services if you or someone you know is struggling.

[→ Samaritans Website](#)

[→ CALM Website](#)

[→ Papyrus Website](#)

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Therapy Access

★ How to find counselling and talking therapies, privately or via the NHS.

[→ Find Therapy or counselling](#)

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Resources for this section will be added in future updates.

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Violence Against Women and Girls

★ Safety, advocacy and training resources.

[→ UN Women UK Website](#)

[→ Suzy Lamplugh Trust](#)

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Women's Health

★ NHS information on women's health throughout life stages.

[→ NHS Information & Support](#)

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