

# Workforce wellbeing support



## Looking after yourself

**Every Mind Matters:** expert advice and practical tips to help you look after your mental health and wellbeing.

Tips to [Kickstart your physical health](#)

### [Five ways to wellbeing](#)

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Try to build these into your day to day life.



### [Helplines for social care workers](#)



- **Shout** provides a free 24/7 text support service. Text **FRONTLINE** to **85258** to talk by text with a trained crisis volunteer.
- Call Samaritans' dedicated confidential support line for free on **0800 069 6222**
- Call Hospice UK grief, bereavement and trauma line **0300 030 4434** free and in confidence

### [Skills for Care Wellbeing](#)

Find our Wellbeing Resource Finder and more for social care workers to support your own or other's wellbeing.

### [NHS health and wellbeing hubs - for health and social care workers](#)

Find your local wellbeing hub for free counselling, psychological therapies, emotional support and more.

### [Money Helper](#)

Free and impartial advice, tools and information about all things money related, including money and mental health.

### [The Care Workers Charity](#)

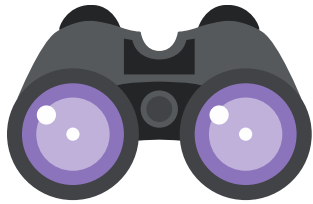
Mental health and wellbeing fund available from the Care Workers Charity, as well as crisis grants and emergency fund.



the care workers' charity



# Wellbeing resource finder



- Self-help
- Someone to talk to
- Guidance and information
- Webinars



- Leadership
- Peer-to-peer support
- Wellbeing ideas
- Health and wellbeing support

[www.skillsforcare.org.uk/wellbeing-resource-finder](http://www.skillsforcare.org.uk/wellbeing-resource-finder)



# Our offer to registered managers

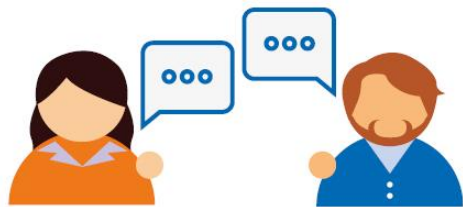
## Stay connected

- Join your local Registered Manager Network (RMN)
- Join our Registered Manager Facebook group
- Become a Registered Manager Member

[www.skillsforcare.org.uk/registeredmanagers](http://www.skillsforcare.org.uk/registeredmanagers)

## Access support

- Contact the advice line
- Use your RMN WhatsApp group
- Link with your Locality Manager



[www.skillsforcare.org.uk/inyourarea](http://www.skillsforcare.org.uk/inyourarea)

