Supporting and promoting good mental health and wellbeing

Skills for Care estimates that 4-500,000 social care workers have regular contact with people who have a mental health problem, so we've published a number of resources to support staff and managers working in this area.

Common core principles to support good mental health and wellbeing in adult social care

This guide helps identify what good practice looks like. It can be used by any member of staff to promote and encourage good mental health and wellbeing to those they support. The principles aim to build workers' confidence by identifying good practice, good behaviours and how to recognise the signs of poor mental health. We've also produced a set of pocket size cards which include each principle and also the values needed to work in mental health settings.

Principles to practice: The worker's guide to implementing the common core principles to support good mental health and wellbeing in adult social care

This 'principles to practice' guide can be used to help implement the common core principles. Social care staff can use the guide when delivering learning and development to their workers to promote good mental health and wellbeing.

There are ten principles and each chapter highlights what behaviours staff might develop to show they understand the principle and how it applies to their practice.

Mental Capacity Act

Care workers must have an awareness of the Mental Capacity Act (MCA) 2005 and are legally required to consider the Code of Practice when working with someone who lacks, or who may lack, capacity. These wallet size cards contain the five key principles of the Act that all staff need to know.

Greater resilience, better care

Resilience means having the ability to cope with pressure – an essential part of everyday life and particularly for staff working in social care. Building resilience is also a key component in reducing staff turnover and absence.

This guide is to help managers and staff acknowledge and develop their resilience. Sections one, two, three and five are particularly aimed at managers. Section four can be used by individuals to look at their own 'mental health resilience'.

Stress at work

Stress is a significant cause of mental and physical ill health. It accounts for about 40% of all work-related illness. This supplement gives practical advice and techniques to learn to manage stress.

Other resources to support this work

Dementia

A range of resources for staff who support individuals living with dementia - helping them live a longer and more fulfilled life.
www.skillsforcare.org.uk/dementia.

Restrictive practices

Resources to help staff cope with more difficult and challenging behaviours.
**www.skillsforcare.org.uk/restrictivepractices**

Recommended learning providers

Find mental health training delivered by recommended training providers who've all passed our rigorous quality check and been awarded the status of being a Skills for Care Endorsed Provider. **www.skillsforcare.org.uk/endorsement**.

Learn from Others

Find good practice stories and resources including presentations and workshops around mental health at **www.skillsforcare.org.uk/learnfromothers**.
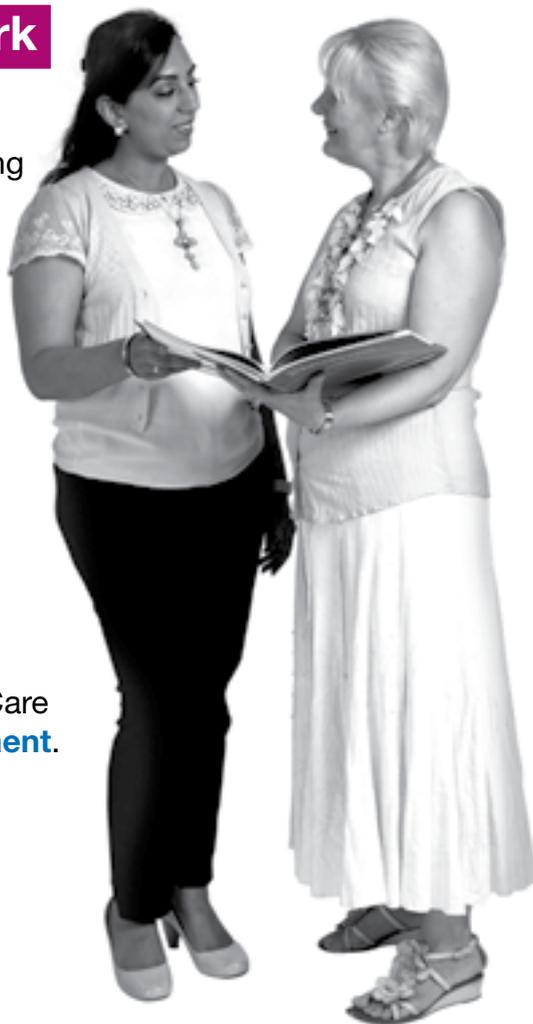
How to access our resources

Visit **www.skillsforcare.org.uk/mentalhealth** to download our digital resources. Paper copies can be ordered by emailing **marketing@skillsforcare.org.uk**.