

## Leading for wellbeing – national resources

November 2020

We've compiled a selection of national wellbeing resources for quick and easy access to support managers look after themselves and their staff. The resources are grouped for ease and some will be appropriate for all staff and managers.

### How you can use this list

- **Email** it to staff who can click on the hyperlinks to quickly access the support they are interested in.
- **Print** this PDF as a poster for your staff noticeboard
- **Share and discuss** information in team meetings or 1-2-1s

### Self-care and support for you as a manager

**Wellbeing guidance for social care professionals:** A [short guide](#) which contains useful tips to support you as a manager and support your teams.

**Registered managers support:** Go to the registered manager dedicated [webpage](#) to find details of our advice line, Facebook Group, Registered Manager networks and WhatsApp groups. You can also view two 30-minute recorded wellbeing webinars, as well as others that you may find useful.

### 5 Ways to Wellbeing

Connect, Be active, Keep learning, Give, Be present. Based on research, these links both include practical information and top tips or activities to support yours and your staff's wellbeing. [View the NHS guide](#) [View the MIND guide](#)

### Dealing with stress and pressure

This [self- support tool](#) has been developed with social care employers, to support staff when encountering difficult situations. You can use this in the workplace by:

- using it as a noticeboard poster
- cutting out the pocket-sized reminder to hand out to staff
- suggesting staff can photograph the tips using their phone – it's a quick and easy way to for them to have access to the information.

### Self Help

**Mind Wellness Action Plans (WAP):** A WAP can help employees to develop approaches to support their mental wellbeing. By regularly reviewing the agreed, practical steps in the WAP, you can support your team member to adapt it to reflect their experiences or new approaches they find helpful.

[Download free guides and templates](#)

## Helplines

Our Frontline is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge. It offers a useful [toolkit](#) for social care workers which includes:

- **Shout** provides a free 24/7 text support service for social care and health staff who are working on the frontlines right now. Text **FRONTLINE** to **85258** to talk by text with a trained crisis volunteer.
- Social care workers in England can call **Samaritans'** dedicated confidential support line for free on **0800 069 6222**, 7am–11pm every day. Staff anywhere else in the UK can call **116 123** to speak with a trained listening volunteer.
- You can also talk to trained staff and counsellors who are experts in bereavement, grief and trauma, provided by **Hospice UK** and **Just B** for health, care and emergency workers during the pandemic. Call **0300 030 4434** free and in confidence, 8am to 8pm 7 days a week.

The Samaritans and Hospice UK have confidential helplines and support for social care staff on wellbeing and bereavement.

[www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/](http://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/)

## Supporting the social care diverse workforce

COVID-19 is having a huge impact on the mental wellbeing of people from ethnic minority communities. [Watch a webinar from Co-Produce Care](#) on how COVID-19 is impacting on staff and what organisations should and can do to help their staff. The panel of experts discuss the history and impact of everyday discrimination, social inequalities and the effect these complex challenges and stresses can have on staff mental health and wellbeing.

## Additional support

**Psychological First Aid (PFA):** This short free online course explores the psychological impact of the COVID-19 pandemic and what you can do to help people cope, as well as the principles of giving psychological first aid in emergencies. It's been produced by Public Health England and is based on international guidance from the World Health Organisation, United Nations and partners.

[Find out more](#)

**Psychological and mental health support:** Most local areas are offering free psychological and mental health support to health and care workers. These services are usually self-referral without the need for manager or GP's involvement, unless there is a significant risk to a staff member's wellbeing. Evidence shows that getting support sooner, rather than later can significantly improve outcomes and recovery.

[Local Government Authority](#) has resources here to support wellbeing and mental health; you can also contact your Skills for Care [locality manager](#) to find out what's happening in your area and how to join your local Registered manager network.