

Looking after your own wellbeing – national resources

April 2021

This short list of national resources aims to give quick and easy access to support adult social care staff to look after themselves and find additional support where needed.

How you can use this list:

- **Email** it to yourself and click on the hyperlinks to access the support you're interested in
- **Print** this PDF as a poster for the staff noticeboard.

Self-care

Go to the [NHS One You Every Mind Matters](#) website for expert advice and practical tips to help you look after your mental health and wellbeing.

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 your wellbeing.

[View the NHS guide](#)

[View the MIND guide](#)

Dealing with stress and pressure:

Guide to managing anxiety and stress in uncertain times: The Greater Manchester resilience hub have developed a 6-page practical, plain English guide to managing stress, anxiety and worry in uncertain times. It includes things you might notice, ways to look after yourself, information about stress, anxiety and worry and tips to help.

[Download the guide.](#)

De-escalating in challenging situations: This [self- support tool](#) has been developed with social care employers, to support staff when encountering difficult situations. Use in the workplace as a noticeboard poster, cut out the handy pocket-sized reminder to give out to staff or suggest staff can photograph the tips using their phone, as an easy way to carry with them.

Self Help

Introduction to Mindfulness: MindEd and Health Education England have developed this free online eLearning called 'Introduction to mindfulness'. It explains what mindfulness is and how it can help you. It's free to access and you don't need to register. [Find out more](#)

Mind Wellness Action Plans (WAP): Everyone can complete a WAP, you don't need to have a mental health problem in order to feel the benefits, it just means that you already have practical steps in place to ensure you are supported when you aren't feeling great.

[Download free guides and templates](#)

Helplines

Helplines Our Frontline is a partnership between Shout, Samaritans, Mind, Hospice UK and The Royal Foundation of the Duke and Duchess of Cambridge including:

- 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.

www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/

Support for Individual Employers/Personal Assistants

Skills for Care is signposting Individual Employers (IE) and Personal Assistants (PA) to wellbeing resources and support that is available locally from local support organisations. To find out more go to the COVID-19 pages on our [information hub](#) for IE and PAs. You can also view a recorded webinar on wellbeing.

Additional support

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.