



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.

Menopause awareness in the workplace [↗](#)

View Skills for Care's webinar on how to create a positive menopause culture, supporting people who go through the menopause.

[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

