



# 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.

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## [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

