**NHS wellbeing hubs webinar recording: links and resources**

Skills for Care wellbeing resources [www.skillsforcare.org.uk/wellbeing](http://www.skillsforcare.org.uk/wellbeing)

NHS Staff [mental health and wellbeing hubs](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/south-east-hubs/): open to social care and health colleagues. Please note not all wellbeing hubs will support personal assistants

* [Midlands](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/midlands-hubs/)
* [London](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/london-hubs/)
* [North West](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/north-west-hubs/)
* [North East and Yorkshire](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/north-east-and-yorkshire-hubs/)
* [South West](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/south-west-hubs/)
* [East of England](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/east-of-england-hubs/)
* [South East](https://www.england.nhs.uk/supporting-our-nhs-people/support-now/staff-mental-health-and-wellbeing-hubs/south-east-hubs/)

Stoke and Staffordshire [Financial wellbeing toolkit](https://www.canva.com/design/DAFCW0WR3n4/awM2ZaUuTci2uyOGOHggwQ/view?utm_content=DAFCW0WR3n4&utm_campaign=designshare&utm_medium=link2&utm_source=sharebutton)

Shared in the chat:

Money Saving Expert’s Guide on Debt and Mental Health [www.moneysavingexpert.com/credit-cards/mental-health-guide/](http://www.moneysavingexpert.com/credit-cards/mental-health-guide/)

NCAS wellbeing resources <https://nacas.co.uk/wellbeing>

[Compassion Fatigue Workbook](https://images.app.goo.gl/QCnSSR9WL51sWprd8), Michelle Graft 2020

[Micro habits](https://barbados.desertcart.com/products/184739487-micro-habits-simple-micro-habits-to-get-you-started-small-and-finishing-big-high-achievers-book-5), Brian Leger 2015

[Atomic habits](https://jamesclear.com/), James Clear 2018

Good Therapy 2020 <https://www.beterhelp.com>

[www.goodtherapy.org/for-professionals/business-management/human-resources/article/cost-of-caring-10-ways-to-prevent-compassion-fatigue](http://www.goodtherapy.org/for-professionals/business-management/human-resources/article/cost-of-caring-10-ways-to-prevent-compassion-fatigue)

[Overcoming compassion fatigue](https://www.goodreads.com/book/show/39893075-overcoming-compassion-fatigue), Sharise M. Nance 2018

Patricia Smith:

Compassion fatigue including TED talk and Compassion fatigue project – 2016 onwards

[www.tedxsanjuanisland.com/2016/](http://www.tedxsanjuanisland.com/2016/)

[www.youtube.com/watch?v=7keppA8XRas](http://www.youtube.com/watch?v=7keppA8XRas)

<http://compassionfatigue.org/index.html>

Skills for Care [Wellbeing Resource Finder](https://www.skillsforcare.org.uk/Support-for-leaders-and-managers/Managing-people/Wellbeing/Workforce-wellbeing-finder/Wellbeing-resource-finder.aspx)

Skills for Care Resilience [www.skillsforcare.org.uk/resilience](http://www.skillsforcare.org.uk/resilience)

Shared in the chat:

Keeping well in south east London

<https://www.keepingwellsel.nhs.uk/work-related-support/local-employer-based-support/social-care>

<https://www.keepingwellsel.nhs.uk/work-related-support/profession-specific-support>

# **Other resources:**

Camerados<https://camerados.org/>

Camerados believe that the answer to our problems is each other. A camerado can be anyone. It's about chatting to someone new or helping out a stranger (or better yet, asking them to help you). It's sitting with your neighbour and having a cuppa. It's asking that stranger at the bus-stop if they've got the time. Everyone has tough times, and we think it'd be great if people just looked out for one another more. Not fixing each other. Not trying to solve anyone's problems. Just being a bit more human.

Samaritans [www.samaritans.org/](http://www.samaritans.org/)