

# 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 [2]

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 [2]

Find our Wellbeing Resource Finder and more for social care workers to support your own or other's wellbeing.

### Menopause awareness in the workplace [2]

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

#### Money Helper 2

Free and impartial advice, tools and information about all things money related, including money and mental health.

#### The Care Workers Charity [2]

Mental health and wellbeing fund availablefrom the Care Workers Charity, as well as crisis grants and emergency fund.



