

Wellbeing & Mental Health Offers for Unpaid Carers

A DIRECTORY OF WELLBEING & MENTAL HEALTH OFFERS AVAILABLE TO UNPAID CARERS

This directory of a range of wellbeing, resilience and mental health offers available to unpaid carers is intended to help people quickly find resources that are going to be most helpful for them. It is by no means exhaustive but aims to present many of the most prominent national, regional and sub regional offers relevant to staff in the North West of England. It accompanies similar directories for adult social work staff, and for adult social care staff, and a workforce wellbeing & mental health toolkit for managers, also prepared by NW ADASS. We will issue updates to this and other resources as required, and the most current versions can be found at <https://www.nwadass.org.uk/workforce-mental-health-wellbeing>

We hope that the structure and content of this directory is clear and easy to understand. We have tried to indicate what sort of level of support these offers provide according to the following:

Level 1: *Self-help* resources that you can access yourself whenever convenient; and

Level 2: *Someone to talk to* provides direct access to volunteers or specialists that can speak with you on an ad hoc basis

It is worth noting that support at **Level 3:** *Someone there for you*, who can get to know you and support and work with you over a period of time is best accessed directly through your GP.

It's OK not to be OK and important to remember that you are not alone. We hope that either through this resource or elsewhere, if you feel you need some support or help, you can find it.

Offer & Details	Eligibility	Access	Geography	Support Level	Needs							
					General Wellbeing	Healthy Living	Stress & Anxiety	Financial Support	Low Mood	Grief & Bereavement	Trauma & PTSD	Other
If you are a working carer, please check to see if your employer has an Employee Assistance Programme . These usually offer some wellbeing support and advice	Employees	Via your employer	Locality - Organisational	-	✓							
If you are an NHS worker, there is now an updated way to self-report as a carer via ESR. This will allow your manager to check in with you and discuss ways in which they can support your needs.	NHS Employees	Via your employer, ESR	National	Level 1: Self-help	✓							
NHS Employees have also been given full access to Employers for Carers which provides support, advice and information for both carers and those working with them.	NHS Employees	https://www.employersforcarers.org/	National	Level 1: Self-help	✓							

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Care Workforce App connects the social care workforce to relevant sector news, updates, latest guidance, and support offers	Universal – aimed at paid and unpaid carers	https://workforce.adultsocialcare.uk/join You can sign up with your personal address and email details	National	Level 1: Self-help	✓								
Daylight: smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice, and animation	Free access is active now until 31 December 2020. This covers all staff working in social care, including volunteers. Staff are free to sign up with either a work or personal email address.	Register and download the app at: https://www.trydaylight.com/	National	Level 1: Self-help	✓		✓						
Sleepio: a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep	Free access is active now until 31 December 2020. This covers all staff working in social care, including volunteers. Staff are free to sign up with either a work or personal email address.	Register and download the app at: http://sleepio.com/care-access	National	Level 1: Self-help	✓		✓						
Silvercloud Health: a dedicated website to provide you with wellbeing support during this time. Support for the difficult emotions and situations you may face during the pandemic. Helping you to deal with worry, sleep issues, bereavement, isolation and work-life balance.	This covers all staff working in social care. Staff are free to sign up with either a work or personal email address.	Sign up now at: https://dhsc.silvercloudhealth.com/signup/ Use the PIN: SOC2020	National	Level 1: Self-help	✓		✓		✓	✓			
Wellbeing Guidance: Advice for those working in adult social care on managing your mental health and how employers can take care of the wellbeing of their staff during the coronavirus outbreak.	All social care staff (no evidence required)	https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce	National	Level 1: Self-help	✓								
#HealthyAtHome - Mental health is a page of advice on maintaining good wellbeing from the WHO	Universal	https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health	National	Level 1: Self-help	✓								

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Coronavirus Staff Resilience Hub site of resources and tips from a panel of international experts	Universal - intended for frontline health and care staff	https://covid.minded.org.uk/	National	Level 1: Self-help	✓		✓		✓	✓			
Coronavirus Resources includes tips, advice and links that may be helpful in dealing with the effects of the coronavirus pandemic	Universal	https://www.bps.org.uk/coronaviruses-resources	National	Level 1: Self-help	✓								✓
The Wellness Society Download an <i>anxiety workbook</i> specifically designed for use during the coronavirus pandemic. While it may be helpful to complete the workbook, you can also pick out the bits most helpful for you.	Universal	https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/	National	Level 1: Self-help	✓		✓						
Carers UK Coronavirus - protecting your mental wellbeing- tips designed to help both the carer and those they care for with mental wellbeing.	Universal- intended carer & cared for	https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-mental-wellbeing	National	Level 1: Self-help	✓	✓	✓		✓				
Learning for Living – an online platform to help carers recognise skills gained through caring to help apply them in relevant environments such as paid work or volunteering	Universal – intended for Carers	https://www.learning4living.org/lo gin/index.php	National	Level 1: Self-help	✓								
Martin Lewis, Money Savings Expert This website has a dedicated Coronavirus help section, with constantly updated guides on a variety of subjects such as help for employees, finance, bills, benefits and scams	Universal	Sign up for the MSE weekly email at https://www.moneysavingexpert.com/latesttip/	National	Level 1: Self-help				✓					✓
AGE UK - age-related health conditions, tips and advice on staying fit and healthy; including mentally and emotionally wellbeing	Universal	https://www.ageuk.org.uk/information-advice/health-wellbeing/	National	Level 1: Self-help	✓		✓		✓				✓
Every Mind Matters Tips and advice from the NHS to help you keep on top of your mental wellbeing and cope with how you may feel while staying at home.	Universal	https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/	National	Level 1: Self-help	✓		✓		✓				
Carers UK Benefits Directory – This directory has been designed to help you keep track of new	Universal – aimed at carers	https://www.carersuk.org/help-and-advice/coronavirus-covid-19/a-	National	Level 1: Self-help				✓					

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changes being introduced to the benefits system as a result of the coronavirus		z-of-changes-to-benefits-assessments-and-support-covid-19											
ThinkNinja is an app specifically designed to educate 10-18-year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.	Universal – aimed at 10 – 18-year olds	https://www.healios.org.uk/services/thinkninja1	National	Level 1: Self-help	✓		✓		✓				
'Coping During the Pandemic' is a free course that has been developed for everyone in response to the recent global pandemic. There is information about how to avoid catching/spreading the virus, what immediate feelings you may have and common reactions, managing your mental health at this time, managing isolation and social distancing, self-care, supporting children and young people and some accessible information.	Universal	A range of online courses and resources at this address: www.recoverycollegeonline.co.uk	National	Level 1: Self-help	✓		✓		✓				
Building Your Wellbeing & Helping You Cope has been designed by a group of people who want to help anyone who is struggling with the very challenging situation we are all in, to feel a bit calmer and find new ways to help them cope. It aims to help you create a wellbeing plan, proactively thinking about tools to promote good mental health, with ideas to help you cope using the 30-3-30 approach (things you can do in 30 seconds, 3 minutes, and 30 minutes)	Universal	https://wellbeingandcoping.net/#/	National	Level 1: Self-help	✓		✓		✓				
How Are You Feeling Today NHS? Toolkit has been developed to: help bridge a gap in understanding and enable us to talk openly about emotional health, assess the impact of emotional wellbeing, and action plan to enable more good days than bad.	Universal	https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-approach/how-are-you-feeling-today-nhs-toolkit	National	Level 1: Self-help	✓		✓		✓				

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The King's Fund: Resources Supporting Our Mental Health and Wellbeing has collected some examples of resources to support the mental health and wellbeing of both individuals and teams working across health and care. It is not an exhaustive list, but it does demonstrate different ways to access help and guidance	Universal	https://www.kingsfund.org.uk/publications/resources-supporting-mental-health-covid19	National	Level 1: Self-help	✓		✓		✓				
Greater Manchester Resilience Hub includes tips, advice and links that may be helpful in dealing with the effects of the coronavirus pandemic	Universal	https://www.penninecare.nhs.uk/mcrhub-covid19	Sub Regional - Greater Manchester	Level 1: Self-help	✓		✓				✓		
ALMA is Cheshire and Merseyside's dedicated health and wellbeing website, including guidance and access to the ORCHA directory of reviewed and evaluated care and health apps	Universal	https://www.almahealth.co.uk/	Sub Regional - Cheshire & Merseyside	Level 1: Self-help	✓								
The NHS Pennine Care website contains a number of helplines and online support and advice	Universal	https://www.penninecare.nhs.uk/coronavirus https://www.penninecare.nhs.uk/infoforcarers	Sub-regional – Greater Manchester	Level 1: Self-help	✓		✓		✓				
Greater Manchester Mental Health NHS Foundation Trust website contains lots of information, support and activities for your mental and physical wellbeing, along with a guide to Wellbeing.	Universal	https://www.gmmh.nhs.uk/coronaviruswellbeing	Sub-regional – Greater Manchester	Level 1: Self-help	✓		✓		✓				
Greater Manchester Health & Social Care Partnership have a mental wellbeing and resource section	Universal	https://hub.gmhsc.org.uk/mental-health/resources/	Sub Regional - Greater Manchester	Level 1: Self-help	✓		✓		✓				
Keeping Well at Home booklet is a guide to help older people in Greater Manchester keep well while at home. The booklet is packed full of health and dietary advice, including a programme of standing and sitting strength and balance exercises	Universal	https://www.greatermanchester-ca.gov.uk/media/2846/keeping-well-at-home-gm-print.pdf	Sub Regional - Greater Manchester	Level 1: Self-help	✓	✓							

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Living Life to the Full - This online course can help you with improving feelings, beating stress and boosting your ability to live well	Universal	https://hub.gmhsc.org.uk/mental-health/living-life-to-the-full/	Sub Regional - Greater Manchester	Level 1: Self-help			✓		✓			
Alzheimer's Society can support anyone affected by/caring for someone with dementia and offer advice for all associated challenges, including coronavirus.	Universal	Call the Dementia Connect support line on 0333 150 3456, or connect with other people affected by dementia via the online community relating to the pandemic: https://forum.alzheimers.org.uk/	National	Level 1: Self-help Level 2: Someone to talk to	✓							
Bereavement & Trauma Line: A team of fully qualified and trained professionals ready to help you at the Bereavement & Trauma Line. Specialist counsellors and support workers are available to support all adult social care staff: who have experienced a bereavement, whose wellbeing has been affected by witnessing traumatic deaths as part of their work, to discuss any other anxiety or emotional issues they are experiencing as a result of the coronavirus epidemic.	All social care staff (no evidence required)	Call 0300 303 4434 seven days a week, between 8am and 8pm. You do not need a referral.	National	Level 2: Someone to talk to						✓	✓	
The Samaritans Social Care Support Line for confidential emotional support for social care staff. You can speak to a trained Samaritans volunteer who can help with confidential listening and signposting to specific support you might find helpful.	All social care staff (no evidence required)	Call 0300 131 7000 7:00am-11:00pm, seven days a week.	National	Level 2: Someone to talk to			✓					
The NHS Bereavement Helpline has been introduced by the NHS to support bereaved families during the Coronavirus outbreak. It offers guidance, support and advice to families dealing with loss and grief of a loved one at this difficult time.	Universal	Call 0800 2600 400 , 8am - 8pm every day	National	Level 2: Someone to talk to						✓		

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Our Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support individuals' mental health	Staff and volunteers working in the private, public and voluntary sectors.	To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm if you're in England, or call 116 123 any time if you're elsewhere in the UK https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/	National	Level 2: Someone to talk to	✓		✓		✓	✓		
Cruse Bereavement Care have a site of resources for grief and resources, plus a helpline for those affected	Universal	Helpline available on: 0808 808 1677 For opening times and further information, visit https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief	National	Level 2: Someone to talk to						✓		
Virtual 'Cuppa' for carers - It includes links to key information, updates on how other carers are finding ways of coping, and suggestions for entertainment at home. They also run regular 'Virtual Cuppas' where carers can come together to share how they're coping and how they deal with any challenges they are facing.	Universal – intended for carers and young carers	https://www.mobiliseonline.co.uk/cuppa	National	Level 2: Someone to talk to	✓		✓		✓			
Kooth is for young people offering a variety of resources including access to free online counselling. Young people will have 24-hour access to self-help materials and goal setting and mood-tracking tools. The online service hosts moderated forums, allowing for peer-to-peer support and interactive messaging with counsellors. Users are able to drop-in or book anonymous online counselling sessions with qualified therapists.	Universal - intended for young people (aged 10 – 25)	https://www.kooth.com/	National	Level 2: Someone to talk to			✓		✓			

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Greater Manchester Bereavement Service Offering telephone support for those bereaved or affected by a death. Providing information to help with practical issues and details of bereavement support that is available across Greater Manchester and nationally	Universal	Call 0161 983 0902 For opening hours visit https://greater-manchester-bereavement-service.org.uk/about-us/	Sub Regional - Greater Manchester	Level 2: Someone to talk to							✓		
Lancashire & South Cumbria Resilience Hub is intended as a support resources for all public sector workers and volunteers who have worked through the Covid-19 pandemic and their families. This includes everyone from those who work in the NHS, local councils, ambulance service staff, care home workers, those working in social care and community workers.	NHS, local councils, ambulance service staff, care home workers, those working in social care and community workers	https://lscresiliencehub.nhs.uk/	Sub Regional – Lancashire & S. Cumbria	Level 1: Self-help Level 2: Someone to talk to	✓		✓		✓			✓	
Shout: Advice is available over text for anyone struggling with a host of issues, including anxiety, depression, suicidal thoughts, abuse or assault, self-harm, bullying or relationship issues. The service is confidential, free, and will not show up on phone bills. It allows people to simply and discreetly communicate with trained crisis volunteers. The service is overseen by clinical supervisors.	Universal	Text Shout to 85258 to start a text discussion with a volunteer, available 24/7. Go to https://www.giveusashout.org/ for more information	National	Level 2: Someone to talk to			✓		✓		✓		✓

We would really welcome any feedback on this resource, on any of the resources we have included, or suggestions for additional resources to include in future updates. Please email nwadass@nwemployers.org.uk with any feedback.

Thank you.