

Wellbeing & Mental Health Offers for Adult Social Care Staff

A DIRECTORY OF WELLBEING & MENTAL HEALTH OFFERS AVAILABLE TO PEOPLE WORKING IN ADULT SOCIAL CARE

This directory of a range of wellbeing, resilience and mental health offers available to adult social care staff is intended to help people working in the sector 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 unpaid carers, 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	-	✓								
Care Workforce App connects the social care workforce to relevant sector news, updates, latest guidance, and support offers	All with an email address linked to the sector	Download the Care Workforce App	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	✓								
Daylight: smartphone-based app that provides help to people experiencing symptoms of worry and	Free access is active now until 31 December 2020.	Go to http://trydaylight.com/care-access to register and then	National	Level 1: Self-help			✓						

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anxiety, using evidence-based cognitive behavioural techniques, voice, and animation	This covers all staff working in social care, including volunteers. Staff are free to sign up with either a work or personal email address.	download the Daylight app											
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.	Go to http://sleepio.com/care-access to register and then download the Daylight - Worry Less smartphone app	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 at: https://dhsc.silvercloudhealth.com/signup/ PIN: SOC2020	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/health-yathome---mental-health	National	Level 1: Self-help	✓								
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	✓		✓		✓	✓			
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	✓		✓						

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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				✓				✓
British Psychological Society 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	✓							✓
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	✓		✓		✓			
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/taking-a-targeted-approach/how-are-you-feeling-today-nhs-toolkit	National	Level 1: Self-help	✓		✓		✓			
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	Universal	https://www.kingsfund.org.uk/publications/resources-supporting-mental-health-covid19	National	Level 1: Self-help	✓		✓		✓			

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across health and care. It is not an exhaustive list, but it does demonstrate different ways to access help and guidance													
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	✓								
Greater Manchester Resilience Hub: Initially developed following the Arena attack, the Resilience Hub now have a further offer to health and care workers affected by Covid-19. Includes a wide range of self-help resources and information on different helplines for psychological support, advice on coaching, bereavement care, mental health, and financial help	Essential health and social care staff, including frontline care workers and registered managers	https://www.penninecare.nhs.uk/mcrhub-covid19	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/corona/viruswellbeing	Sub-regional – Greater Manchester	Level 1: Self-help	✓		✓		✓				
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	✓		✓		✓		✓		
Bereavement & Trauma Line: A team of fully qualified and trained professionals provided by Hospice UK. Specialist counsellors and support workers are available to support all adult social care staff:	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							✓	✓	

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<ul style="list-style-type: none"> • 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. 													
<p>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.</p>	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			✓						
<p>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.</p>	Universal	Call 0800 2600 400, 8am - 8pm every day	National	Level 2: Someone to talk to						✓			
<p>Our Frontline offers round-the-clock one-to-one support, along with a collection of resources, tips and ideas chosen to support your mental health as you do your work to protect us all and keep the country going.</p>	Staff and volunteers working in the private, public, and voluntary sectors. Care home workers, home carers, social workers, those working in palliative care, and volunteer carers	Go to https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/ for more information. To talk by text, text FRONTLINE to 85258 any time. To talk by phone, call 0300 131 7000 from 7am to 11pm	National	Level 1: Self-help Level 2: Someone to talk to	✓		✓		✓	✓			
<p>Cruse Bereavement Care have a site of resources for grief and resources, plus a helpline for those affected</p>	Universal	Call 0808 808 1677. Visit https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief for opening times and further information	National	Level 2: Someone to talk to						✓			

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The Skills for Care Advice Line provides support to navigate to the latest COVID-19 guidance and advice in response to the pandemic, enabling you to support your service with the latest information from Government and other adult social care organisations	Registered managers, service managers, deputy managers and nominated individuals to support your organisation	Call 0113 241 1260 from 9:00 – 17:00 Monday to Friday, or email RMAdvice@skillsforcare.org.uk Visit https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/Advice-line.aspx for more information, or call	National	Level 2: Someone to talk to				✓				✓
The Skills for Care Facebook Group for Social Care Managers is available to request and share the most up-to-date guidance around COVID-19, network with peers and connect one another's services, talk about ways to stay busy and entertained indoors organise efforts to promote the importance of social care; and provide much needed support, understanding and reassurance to like-minded colleagues across England	Registered managers and front-line managers in similar roles	Visit https://www.facebook.com/groups/registeredmanager to request to join the group	National	Level 2: Someone to talk to	✓	✓	✓					✓
Frontline19 Emotional Support provides free and confidential emotional support service for workers on the frontline of Covid. Frontline19 is a UK nationwide service delivering supervision, debriefing, and emotional support to healthcare workers during times of crisis. With a vast network of thousands of qualified therapeutic practitioners, we can ensure you get the right help quickly and easily.	Doctors, nurses, auxiliary staff, paramedics, ambulance drivers, midwives, social workers, care home staff, firefighters, and police officers	https://www.frontline19.com/	National	Level 2: Someone to talk to	✓	✓	✓		✓			
Skills for Care Local Networks for Managers are intended for managers to share knowledge, hear from guest speakers, and access peer support	Registered managers	Groups largely operate over Whatsapp. Visit https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/local-	National / Locality	Level 2: Someone to talk to	✓							✓

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		networks.aspx for further information on your local group											
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						✓			
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've included, or suggestions for additional resources to include in future updates. Please email nwadass@nwemployers.org.uk with any feedback.

Thank you.