

# Wellbeing & Mental Health Offers for Adult Social Work Staff

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

This directory of a range of wellbeing, resilience and mental health offers available to adult social work staff 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 care 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 <b>Employee Assistance Programme</b> . These usually offer some wellbeing support and advice	Employees	Via your employer	Locality - Organisational	-	✓								
<b>BASW: Quick Guide: Self-care for Social Workers during Covid-19</b> This quick guide is designed to support social workers with ideas and strategies for self-care.	Social Workers	<a href="https://www.basw.co.uk/quick-guide-self-care-social-workers-during-covid-19">https://www.basw.co.uk/quick-guide-self-care-social-workers-during-covid-19</a>	National	<b>Level 1:</b> Self-help	✓	✓	✓		✓				
<b>DHSC: 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.</b>	Social Workers and Social Care Professionals	<a href="https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce">https://www.gov.uk/government/publications/coronavirus-covid-19-health-and-wellbeing-of-the-adult-social-care-workforce</a>	National	<b>Level 1:</b> Self-help	✓	✓	✓		✓	✓	✓		

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<b>LGA/NHS:</b> A comprehensive pack of resources to support the wellbeing of social care managers and social care staff facing additional pressures at work, developed by the LGA and NHS England and Improvement.	Social Workers and Managers	<a href="https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing/covid-19-social-care-staff-wellbeing">https://local.gov.uk/our-support/workforce-and-hr-support/wellbeing/covid-19-social-care-staff-wellbeing</a>	National	Level 1: Self-help	✓	✓	✓	✓	✓	✓	✓	✓
<b>Skills for Care-Community Care Inform Guide:</b> Comprehensive Guide to developing emotional resilience and wellbeing. Supports resilience in social workers and is full of information and ideas to use in practice.	Social Workers	Free Guide for Social Workers <a href="https://markallenassets.blob.core.windows.net/communitycare/2020/04/Community-Care-Inform-emotional-resilience-guide.pdf">https://markallenassets.blob.core.windows.net/communitycare/2020/04/Community-Care-Inform-emotional-resilience-guide.pdf</a>	National	Level 1: Self-help	✓	✓	✓		✓	✓		
<b>Community Care Inform Podcasts for Social Workers:</b> <ul style="list-style-type: none"> <li>• Test your own emotional resilience.</li> <li>• Emotional Resilience and how to develop it</li> <li>• Self- Care and Covid- 19</li> </ul>	Social Workers	(Requires a Local Authority or individual subscription to access for Podcasts) Contact the Community Care Inform helpdesk or phone 020 3915 9444 if you require support or assistance or are unsure if you have a subscription. If you don't currently have access, click <a href="https://adults.ccinform.co.uk/how-to-buy-community-care-inform/">https://adults.ccinform.co.uk/how-to-buy-community-care-inform/</a> to find out more about subscribing to Community Care Inform Podcasts	National	Level 1: Self-help	✓	✓	✓		✓			
<b>Skills for Care:</b> Wellbeing Guide for Social Workers with multiple links to further support	Social Workers	<a href="https://www.skillsforcare.org.uk/Documents/Learning-and-development/social-work/Wellbeing-guide-for-staff.pdf">https://www.skillsforcare.org.uk/Documents/Learning-and-development/social-work/Wellbeing-guide-for-staff.pdf</a>	National	Level 1: Self-help	✓	✓	✓		✓	✓		
<b>MIND:</b> A guide for both social work managers and social workers to use as well as top tips for staying well at work. Also includes an interactive Wellness	Social Workers and Managers	<a href="https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-">https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/employer-</a>	National	Level 1: Self-help	✓	✓	✓	✓	✓	✓	✓	

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Action Plan template, so you can fill in the plan electronically.		<a href="#">resources/wellness-action-plan-download/</a>											
<b>RiPFA- SWORD (Social Work Organisational Resilience Diagnostic):</b> An accessible, research-informed diagnostic tool and associated workbook to understand, build and sustain resilience within social work teams	Leaders and Social Workers	<a href="https://sword.researchinpractice.org.uk/">https://sword.researchinpractice.org.uk/</a>	National	Level 1: Self-help	✓		✓		✓		✓		
<b>Every Mind Matters:</b> Multiple resources for looking after your mental health during the Coronavirus pandemic	Universal	<a href="https://www.nhs.uk/oneyou/every-mind-matters/">https://www.nhs.uk/oneyou/every-mind-matters/</a>	National	Level 1: Self-help	✓	✓	✓		✓	✓			
<b>Money Saving Expert:</b> website providing Mental Health and finances support, with COVID-10 specific guidance	Universal	<a href="https://www.moneysavingexpert.com/credit-cards/mental-health-guide/">https://www.moneysavingexpert.com/credit-cards/mental-health-guide/</a>	National	Level 1: Self-help	✓		✓	✓					
<b>Care Workforce App</b> connects the social care workforce to relevant sector news, updates, latest guidance, and support offers	Universal – aimed at paid and unpaid carers	<a href="https://workforce.adultsocialcare.uk/join">https://workforce.adultsocialcare.uk/join</a> You can sign up with your personal address and email details	National	Level 1: Self-help	✓								
<b>Daylight:</b> 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: <a href="https://www.trydaylight.com/">https://www.trydaylight.com/</a>	National	Level 1: Self-help	✓		✓						
<b>Sleepio:</b> 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: <a href="http://sleepio.com/care-access">http://sleepio.com/care-access</a>	National	Level 1: Self-help	✓		✓						

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<b>Silvercloud Health:</b> 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: <a href="https://dhsc.silvercloudhealth.com/signup/">https://dhsc.silvercloudhealth.com/signup/</a> Use the PIN: <b>SOC2020</b>	National	Level 1: Self-help	✓		✓		✓	✓			
<b>Coronavirus Staff Resilience Hub</b> site of resources and tips from a panel of international experts	Universal - intended for frontline health and care staff	<a href="https://covid.minded.org.uk/">https://covid.minded.org.uk/</a>	National	Level 1: Self-help	✓		✓		✓	✓			
<b>Coronavirus Resources</b> includes tips, advice and links that may be helpful in dealing with the effects of the coronavirus pandemic	Universal	<a href="https://www.bps.org.uk/coronavirus-resources">https://www.bps.org.uk/coronavirus-resources</a>	National	Level 1: Self-help	✓								✓
<b>The Wellness Society</b> 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	<a href="https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/">https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/</a>	National	Level 1: Self-help	✓		✓						
<b>Building Your Wellbeing &amp; Helping You Cope</b> 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	<a href="https://wellbeingandcoping.net/#/">https://wellbeingandcoping.net/#/</a>	National	Level 1: Self-help	✓		✓		✓				
<b>How Are You Feeling Today NHS? Toolkit</b> has been developed to: help bridge a gap in understanding and enable us to talk openly about emotional health,	Universal	<a href="https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-">https://www.nhsemployers.org/retention-and-staff-experience/health-and-wellbeing/taking-a-targeted-</a>	National	Level 1: Self-help	✓		✓		✓				

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assess the impact of emotional wellbeing, and action plan to enable more good days than bad.		<a href="#">approach/taking-a-targeted-approach/how-are-you-feeling-today-nhs-toolkit.</a>											
<b>The King's Fund: Resources Supporting Our Mental Health and Wellbeing</b> 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	<a href="https://www.kingsfund.org.uk/publications/resources-supporting-mental-health-covid19">https://www.kingsfund.org.uk/publications/resources-supporting-mental-health-covid19</a>	National	Level 1: Self-help	✓		✓		✓				
<b>Greater Manchester Resilience Hub</b> includes tips, advice and links that may be helpful in dealing with the effects of the coronavirus pandemic	Universal	<a href="https://www.penninecare.nhs.uk/mcrhub-covid19">https://www.penninecare.nhs.uk/mcrhub-covid19</a>	Sub Regional - Greater Manchester	Level 1: Self-help	✓		✓				✓		
<b>Greater Manchester Health &amp; Social Care Partnership</b> have a mental wellbeing and resource section	Universal	<a href="https://hub.gmhsc.org.uk/mental-health/resources/">https://hub.gmhsc.org.uk/mental-health/resources/</a>	Sub Regional - Greater Manchester	Level 1: Self-help	✓		✓		✓				
<b>Keeping Well at Home booklet</b> 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	<a href="https://www.greatermanchester-ca.gov.uk/media/2846/keeping-well-at-home-gm-print.pdf">https://www.greatermanchester-ca.gov.uk/media/2846/keeping-well-at-home-gm-print.pdf</a>	Sub Regional - Greater Manchester	Level 1: Self-help	✓	✓							
<b>Living Life to the Full</b> - This online course can help you with improving feelings, beating stress and boosting your ability to live well	Universal	<a href="https://hub.gmhsc.org.uk/mental-health/living-life-to-the-full/">https://hub.gmhsc.org.uk/mental-health/living-life-to-the-full/</a>	Sub Regional - Greater Manchester	Level 1: Self-help			✓		✓				
<b>Lancashire &amp; South Cumbria Resilience Hub</b> 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	NHS, local councils, ambulance service staff, care home workers, those working in social care and community workers	<a href="https://lscresiliencehub.nhs.uk/">https://lscresiliencehub.nhs.uk/</a>	Sub Regional – Lancashire & S. Cumbria	Level 1: Self-help Level 2: Someone to talk to	✓		✓		✓			✓	

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workers, those working in social care and community workers.													
<b>Bereavement &amp; Trauma Line:</b> 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 <b>0300 303 4434</b> seven days a week, between 8am and 8pm. You do not need a referral.	National	<b>Level 2:</b> Someone to talk to							✓	✓	
<b>The Samaritans Social Care Support Line</b> 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 <b>0300 131 7000</b> 7:00am-11:00pm, seven days a week.	National	<b>Level 2:</b> Someone to talk to			✓						
The <b>NHS Bereavement Helpline</b> 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 <b>0800 2600 400</b> , 8am - 8pm every day	National	<b>Level 2:</b> Someone to talk to							✓		
<b>Our Frontline</b> 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 <b>85258</b> any time. To talk by phone, call <b>0300 131 7000</b> from 7am to 11pm if you're in England, or call <b>116 123</b> any time if you're elsewhere in the UK <a href="https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/">https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/</a>	National	<b>Level 2:</b> Someone to talk to	✓		✓		✓	✓			

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<b>Cruse Bereavement Care</b> have a site of resources for grief and resources, plus a helpline for those affected	Universal	Helpline available on: <b>0808 808 1677</b> For opening times and further information, visit <a href="https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief">https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief</a>	National	<b>Level 2:</b> Someone to talk to							✓		
<b>NHS Talkworks:</b> Offering a priority wellbeing support service to all NHS, Social Care and Police staff. Advice and guidance to NHS and social care staff about how to build resilience, wellbeing, and self-care during the COVID-19 pandemic. Individual consultation with a clinical professional available	All Social Care staff	Support available remotely via telephone and digital platforms. <a href="https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/nhs-social-care-worker-support">https://www.talkworks.dpt.nhs.uk/nhs-mental-health-support/nhs-social-care-worker-support</a>	National	<b>Level 2:</b> Someone to talk to	✓	✓	✓		✓				
<b>Shout:</b> 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 <a href="https://www.giveusashout.org/">https://www.giveusashout.org/</a> for more information	National	<b>Level 2:</b> Someone to talk to			✓		✓		✓	✓	
<b>Frontline19 Emotional Support</b> 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	<a href="https://www.frontline19.com/">https://www.frontline19.com/</a>	National	<b>Level 2:</b> Someone to talk to	✓	✓	✓		✓				
<b>Majella Greene Care to Connect?</b> Are online meet ups for social workers everywhere to connect and share experiences, laughter, and a bit of lightness to	Universal	<a href="https://www.majellagreene.co.uk/social-workers-coffee-connect/">https://www.majellagreene.co.uk/social-workers-coffee-connect/</a>	National	<b>Level 2:</b> Someone to talk to	✓		✓		✓				✓

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support ongoing work throughout the COVID-19 pandemic.												

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](mailto:nwadass@nwemployers.org.uk) with any feedback.

**Thank you.**