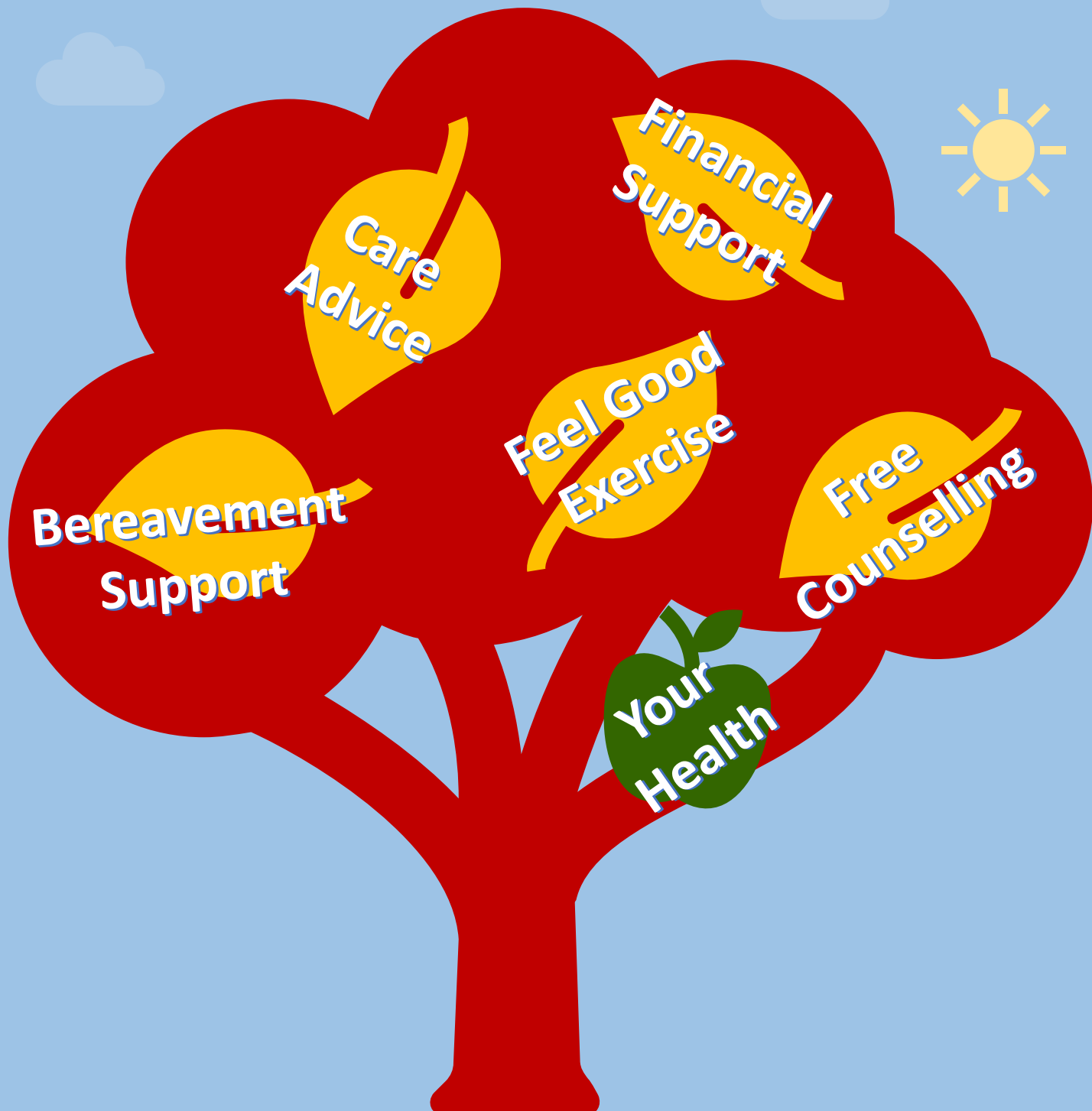


Looking after you

Resources for wellbeing and support

For **Care Workers** – just click the leaves for more information



Find more support through Covid-19:
<https://designandlearningcentre.com/covid19/>



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Resources for wellbeing and support

For Care Workers

Financial Support

Financial Support Free grants for care workers in financial hardship

[Care Workers Charity](#)



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Health, Wellbeing and Support

Health & Wellbeing Support [from DLC](#) and
[here Conversation Starter Game](#)
[ACAS Mental Health Resources](#)
[The Queens Nursing Institute a listening
service for registered nurses](#)

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Resources for wellbeing and support

For Care Workers

Counselling

Free counselling
Samaritans Call FREE – 0300 131 7000
(7am to 11pm, 7 days a week).

[Frontline 19](#) Free and confidential
emotional support

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Exercises

[Exercises to reduce stress](#)

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Bereavement Support

Bereavement support [from the DLC](#)
and from [Gov.uk](#)



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For Care Workers

Carers App

Help to Care App - Support for everyone
who provides care.

Download the free app now [here](#)

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