

Looking after you

Resources for wellbeing and support

For Managers



Bereavement Support

from the DLC
and from Gov.uk

Financial Support

Care Support App

Free Counselling

Samaritans
0300 131 7000
Frontline 19

Supporting Resilience

Psychological Support

Maintaining Staff well-being
Briefing on how to support staff
Mindfulness stress reduction course

Free Coaching Support

Manager's Advice Line

Feel Good Exercises

Local Manager Meetings
Email Skills for Care

Health

from DLC and here
Conversation Starter Game
ACAS Mental Health Resources
The Queens Nursing Institute