

# Mental Wellbeing Toolkit

This practical tool has been developed as a starting point to assist you in identifying pressure points, in proactively creating pathways to resilience, and in prioritising self-care.

Supported by Care Providers, this toolkit was produced by Partners in Care and Alive, and funded by Skills for Care as part of the Workforce Development Innovation Fund.

For more details about the work they do, please click the logos below:




Funded by


















*“If we are to truly offer the highest quality service for those we support, isn’t it essential that we consider the mental wellbeing of ourselves and our staff?”*

1.

# WELLSEEING PRESSURE POINTS

Click  where an issue has been identified, to find expert knowledge and support.













## Health

-  Alcohol Addiction Support
-  Anxiety UK
-  Autism Diagnosis Support - Adults
-  Autism Diagnosis Support - Children
-  Cancer Diagnosis Support
-  Care and Support through Terminal Illness
-  Depression
-  Weight Loss
-  Drug Addiction Support
-  Eating Disorders
-  Menopause Support
-  Miscarriage Support
-  Pregnancy Support
-  Smoke Free
-  Stroke Support

## Homelife


-  Abuse
-  Bereavement Support
-  Counselling Directory
-  Debt Problems
-  Domestic Violence Support
-  Gambling Addiction
-  LGBTQ Mental Health
-  Loneliness
-  Neighbourhood Disputes
-  Peer Support Directory
-  Pet Bereavement
-  Relationship Support
-  Samaritans Helpline
-  Victim (Crime) Support

## Worklife

-  Advocacy in Mental Health
-  Benefits Advice
-  Bullying
-  Carers Support
-  Conflict Resolution
-  Disability Discrimination
-  Discrimination at Work
-  How to deal with Anger
-  Immigration
-  Stress at Work
-  Retirement
-  Young Carers Support

## 2.

# WELLDOING PROACTIVE PATHWAYS TO RESILIENCE


















Click  to find relevant tools and guidance to support you/your team in the workplace.

-  **Access Training and Resources**
-  **Best Practice in Mental Health**
-  **Flexible Working**
-  **Help and Advice from CQC**
-  **Leadership and Management**
-  **Learning and Development**
-  **Reflective Practice**
-  **Resilience in the Workplace**
-  **Returning to Work**
-  **Support with Recruitment and Retention**
-  **Taking Care of your Staff**
-  **The Influence and Participation Toolkit**
-  **The Workplace Wellbeing Index**

## 3.

# WELLBEING PRIORTISING SELF-CARE

Click  to discover positive ways to switch-off, de-stress, relax and reduce tension.

-  **Arts and Culture in your Area**
-  **Biodanza**
-  **Complementary Therapies**
-  **Five Rhythms**
-  **Health Benefits of Nature**
-  **Health Benefits of Sport**
-  **Health and the Arts**
-  **Healthy Eating**
-  **Join a Library**
-  **Leisure/Sports Centres**
-  **Meditation made Easy**
-  **Mindfulness**
-  **Pilates**
-  **Tai Chi**
-  **Yoga**
-  **Volunteering with Animals**
-  **Volunteering in your Community**