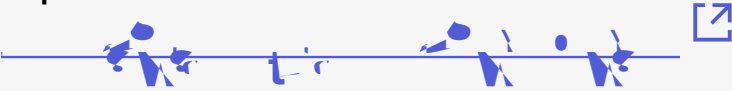




expert advice and practical tips to help you look after your mental health and wellbeing.

Tips to



Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing.

Try to build these into your day to day life.





[Samaritans](#) provides a free 24/7 text support service.

Text [525](#) to talk by text with a trained crisis volunteer.

Call Samaritans' dedicated confidential support line for free on **0 00 06 6222**

Call Hospice UK grief, bereavement and trauma line **0300 030 4434** free and in confidence

[Wellbeing Resource Finder](#)

Find our Wellbeing Resource Finder and more for social care workers to support your own or other's wellbeing.

[View Skills for Care's webinar](#) on how to create a positive menopause culture, supporting people who go through the menopause.

