

## YOUR WELLBEING



### Who is this for?

Unpaid carers and former carers who are looking to move into employment or starting a new role.

### Looking after your wellbeing

There are online resources to help you look after your mental health and wellbeing:

- **NHS Live Well:** includes tips on improving your wellbeing, including exercise, eating well and better sleep - [www.nhs.uk/live-well](http://www.nhs.uk/live-well)
- **Every Mind Matters:** create your own personal wellbeing plan of action - [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)
- **Mind:** the website has lots of information about mental health, including tips for everyday living - [www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)

You can also call the Mind Infoline on 0300 123 3393 or email [info@mind.org.uk](mailto:info@mind.org.uk).

### Finding local support

- Find your local Mind Association - [www.mind.org.uk/information-support/local-minds](http://www.mind.org.uk/information-support/local-minds)
- Rethink Mental Illness runs local services and peer support groups - [www.rethink.org/help-in-your-area](http://www.rethink.org/help-in-your-area)
- Search for NHS psychological therapies (IAPT) services - [www.nhs.uk/service-search/find-a-psychological-therapies-service](http://www.nhs.uk/service-search/find-a-psychological-therapies-service)

You can also contact your local carers centre - [carers.org/help-and-info/carer-services-near-you](http://carers.org/help-and-info/carer-services-near-you) - or ask your GP about services in your area.

If you are feeling unwell and need immediate help:

Ring the Samaritans on 116 123 (every day, 24 hours) or email [jo@samaritans.org](mailto:jo@samaritans.org)

SANE Call line on 0300 3047000 (every day, 4pm to 10pm) or email [support@sane.org.uk](mailto:support@sane.org.uk)

Ask your **GP** for an emergency appointment or ring **111** if you need urgent advice.



## Wellbeing and employment

### If you need support at work:

Some employers offer an Employee Assistance Programme, which supports employees to deal with personal issues. Some may also offer access to a counselling service. Talk to your line manager or HR department.

Mind has information on 'how to be mentally healthy at work':

[www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work](http://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work).

### If you are not in employment:

Contact your local carers service to find out about support in your area:

<https://carers.org/help-and-info/carer-services-near-you>.

### Your notes



## How else can you look after your wellbeing?

**Taking a break:** Talk to your local carers centre about taking a break or accessing respite care. You can also visit [www.carefreebreaks.com](http://www.carefreebreaks.com) and [www.revitalise.org.uk](http://www.revitalise.org.uk).

**Exercise:** For walking routes across England to suit all abilities visit [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk). There are also many exercise videos on YouTube, including [www.youtube.com/yogawithadriene](http://www.youtube.com/yogawithadriene) and [www.youtube.com/TheBodyCoachTV](http://www.youtube.com/TheBodyCoachTV).

**Manage your finances:** If you are worried about your finances, you can find your local Citizens Advice at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk), or visit [www.turn2us.org.uk](http://www.turn2us.org.uk).

**Meditation:** There are many meditation and Mindfulness sites and apps, including [www.headspace.com](http://www.headspace.com) and [www.calm.com](http://www.calm.com). You can access a free meditation session on the NHS site: [www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation](http://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation).

**Connect with others:** Local carers centres run lots of activities where carers can meet. Mobilise also runs virtual coffee mornings for carers - visit [www.mobiliseonline.co.uk](http://www.mobiliseonline.co.uk).