







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
- Every Mind Matters: create your own personal wellbeing plan of action 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

You can also call the Mind Infoline on 0300 123 3393 or email info@mind.org.uk.

Finding local support

- Find your local Mind Association 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
- Search for NHS psychological therapies (IAPT) services www.nhs.uk/service-search/find-apsychological-therapies-service

You can also contact your local carers centre - 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

SANE offers out of hours support: support@sane.org.uk

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



Working for Carers is a London-wide project that supports unpaid carers and former carers, aged 25 or over, to move closer to employment. To find out more visit carers.org/workingforcarers or contact your local carers centre.



Wellbeing and employment

If you need support at work:

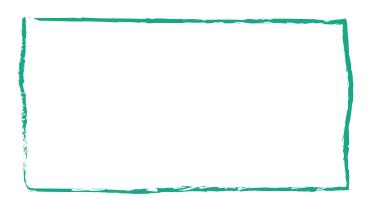
Some employers offer an Employee Assistance Programme, which supports employees to deal with personal issues. Some may also offer access to a counselling service. Talk to your line manager or HR department.

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-health-at-work.

If you want to move into employment:

You can talk to an Employment Personal Advisor at Working for Carers about support you may need: carers.org/workingforcarers.

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 and www.revitalise.org.uk.

Exercise: For walking routes across England to suit all abilities visit www.walkingforhealth.org.uk. There are also many exercise videos on YouTube, including www.youtube.com/yogawithadriene and 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, or visit www.turn2us.org.uk.

Meditation: There are many meditation and Mindfulness sites and apps, including www.headspace.com and www.calm.com. You can access a free meditation session on the NHS site: 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.

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