

Remember

**It's OK
Not to be OK**

Helplines



Websites



Mobile Apps



**Workplace
Resources**



Webpage: Wellbeing Resources for Everyone



Life can be hard as can working in care or caring for someone in your private life – it's ok to feel stressed, anxious or a little lost.

This webpage hopes to provide you with resources you can access to help with any issues you may be having.

Obviously, it's also
“OK to be OK”



The webpage also contains resources for overall wellbeing and trying to help you build skills to ensure you stay mentally and physically healthy and well.

Here is a sample of some of the resources you will find on the “Wellbeing Resources for Everyone” webpage.

To find out more about these resources or to view more resources please view the webpage using the QR Code →



Helplines

All calls are confidential, and some services may be able to offer face-to-face appointments after initial contact.

Breathing Space
0800 83 85 87

Cruse Scotland Bereavement Support
0800 802 6161

Samaritans
116 123

Dedicated Staff Helplines

Here 4 U Team
0131 451 7445

National Wellbeing Helpline (AKA Health and Social Care Helpline)
0800 111 4191



Mobile Apps

Daylight

Daylight offers guidance and a range of techniques tailored to you to help you cope with difficult thoughts and feelings.



Sleepio

Sleepio aims to help improve your sleep. You may need to “open in browser” after scanning.



Sorted: mental health (formerly Feeling Good)

Positive mental training aims to help you feel better by building resilience and developing positive feelings.



Websites

Better Health – Every Mind Matters

Resources to help you improve and/or maintain your own mental health and wellbeing.



Resilience Resource

Designed with Care Home staff specifically for Care Home staff this website aims to support those who work in Care Homes.



Suicide Prevention Scotland

Information, advice and contact details for if you are feeling suicidal or worried about someone who may be.



Workplace Resources

Support Resources for Staff and Managers

Both Care Home staff and managers can feel stress due to work and/or homelife; this webpage contains specific tools and websites of resources to help support yourself and the members of your team.



Tools:

- Going Home Checklist
- Wellness Action Plans
- Wellbeing Conversations

Websites:

- Healthy Working Lives
- Wellbeing on Turas Learn