YOUR WELLBEING

Working for Carers is a London-wide project supporting unpaid carers to move closer to employment.

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.

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
- SANE offers support at support@sane.org.uk
- Ask your GP for an emergency appointment or ring 111 if you need urgent advice.

Working for Carers Series - Factsheet 11: Your wellbeing
Visit carers.org/workingforcarers to download more factsheets.
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.

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.

© Carers Trust 2021. Working for Carers is funded by the European Social Fund and The National Lottery Community Fund.

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