



Your wellbeing matters

If you've had a tough day, are feeling worried or overwhelmed, or just have a lot on your mind, support is available for **everyone** working in adult social care.

Visit the CARE Workforce app for guidance and support, including **free access** to wellbeing resources and apps, including Sleepio, Silvercloud and Daylight.

Call Samaritans' free dedicated health and social care worker helpline on **0800 069 6222** for confidential, non-judgmental listening and support from trained volunteers. The helpline is available from 7am to 11pm, seven days a week.

Call the Hospice UK bereavement line on **0300 303 4434**.

Text 'Frontline' to **85258** to start a conversation with Shout's messaging support service.

Search 'CARE Workforce' on your app store, scan a QR code, or visit **workforce.adultsocialcare.uk**



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