



# Workforce wellbeing resource finder

**Skills for Care has launched an easy tool to help our social care workforce find trusted resources to support their own or others wellbeing.**

**What types of resources are available through the finder?**

- self-help and support for others
- needing someone to talk with confidentially
- support with mental health

**[www.skillsforcare.org.uk/wellbeing](http://www.skillsforcare.org.uk/wellbeing)**