



Gofal Cymdeithasol **Cymru**  
Social Care **Wales**

# Well-being: looking after yourself at work

Where to get advice, information or tools to help you look after your well-being at work.

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Go to <https://socialcare.wales/resources-guidance/health-and-well-being-resources/well-being-looking-after-yourself-at-work> for the latest version.

Where to get advice, information or tools to help you look after your well-being at work.

Looking after your own physical and mental health is important when you work in social care, and early years and childcare.

Being active, eating well, getting rest and finding time for yourself are all good ways to have a healthy life at work and at home.

### **Where to start**

- **[Five ways to well-being](#) - Betsi Cadwaladr University Health Board**  
Practical things we can do to help improve our mental health and well-being.
- Public Health Wales also has some [great advice on its website](#) to help you work towards a healthier lifestyle.
- **[Personal well-being: looking after you when working in social care, early years and childcare](#)**  
Our e-learning module to help you understand more about the things that affect your personal well-being at work.

## **When personal circumstances affect you being able to do your job**

### **Talking to your manager**

You may go through life experiences and circumstances which can impact on your ability to do your job.

These could include pregnancy, menopause, a caring responsibility, episode of illness or living with a long-term condition.

It's important that you talk to your manager about any difficulties or challenges you're facing.

Your manager can work with you to decide how you can be supported, so you can keep working in a way that isn't negative to your health and well-being.

If you don't feel you can talk to your manager, the organisations below may be able to help you get the right support.

## Where to get support

These organisations can give you support, information or advice if you're dealing with something that could have a bad effect on your well-being at work.

Choose a topic below to show the organisations.

### Long-term conditions

Show

#### [Access to work](#) - GOV.UK

Explains the support you can get at work if you have a physical disability or mental illness.

#### [Education Programme for Patients \(EPP Cymru\)](#) - Public Health Wales

Self-management courses for people living with long-term health conditions and their carers.

## **Mental health**

Show

### **[Access to work](#) - GOV.UK**

Explains the support you can get at work if you have a physical disability or mental illness

### **[Canopi](#)**

Mental health and well-being support for social care and NHS staff in Wales.

### **[Active monitoring Wales](#) - Mind**

Information about free one-to-one mental health support for anyone.

## **Cancer: working when you have cancer or are recovering from cancer**

Show

### **[Access to work](#) - GOV.UK**

Explains the support you can get at work if you have a physical disability or mental illness.

### **[Work and cancer](#) - Macmillan**

Answers common questions about working when you have cancer, and where to get support.

## **Pregnancy**

Show

### **[Pregnancy and work](#) - NHS**

Explains your rights if you're working while pregnant, and how to cope with symptoms at work.

### **[Pregnancy and work](#) - Health and Safety Executive**

Explains what you and your employer should do to make sure you and your child are healthy and safe.

## **Menopause**

Show

### **[Menopause support and information](#) - Balance**

Information and tools to help you find out more about menopause and cope with symptoms.

## **Caring responsibilities**

Show

### **[Work and career](#) - Carers UK**

Explains your rights at work, and what to consider if you're thinking about leaving or returning to work.

### **[Support for working families caring for disabled adults and children](#) - Working Families**

Information and resources if you work, or want to work, and care for someone with a disability.

## **Cost of living and money worries**

Show

### **[Money helper](#) - Money & Pensions Service**

Free tools and advice to help you money matters, including pensions and benefits.

### **[Get help with cost of living](#) - Citizens Advice**

Explains where to get help with the cost of living.

## Get help now

If you're struggling with your mental health and need to talk there's always someone who can listen. These free helplines can give you information, advice or support.

- **Samaritans**

You can call Samaritans for free 24 hours a day, seven days a week on **116 123**. If you need someone to talk to, they'll listen. They won't judge or tell you what to do.

If you'd like emotional support in Welsh, you can call the [Welsh language line](#) for free on **0808 164 0123**. It's open every day, 7pm to 11pm.

- **C.A.L.L. helpline**

A confidential listening and support helpline if you need to talk to someone about your mental health. It's open 24 hours a day, seven days a week.

Freephone: **0800 132 737**

Text 'help' to **81066**

- **National bullying helpline**

A helpline to help you find out what steps you can take to deal with bullying at work. It's open Monday to Friday, 9am to 5pm.

Phone: 0300 323 0169

- **SHOUT**

A 24/7 text service, free on all major mobile networks for anyone in crisis, anytime, anywhere.

To contact SHOUT, text '**FRONTLINE**' to **85258**

- **Childline**

If you're under 19, you can call **0800 1111** for mental health support.

- **NHS Wales** is a health advice and information service.

Call **111** open 24 hours a day, every day.

- **Mind**

The mental health charity Mind has information on [ways to help yourself cope during a crisis](#). This includes calming exercises and a tool to get you through the next few hours.

## Your well-being matters network

We run regular events and sessions about well-being for managers. Keep an eye out [on our events pages](#).

If you'd like to join our online well-being community, email us on [wellbeing@socialcare.wales](mailto:wellbeing@socialcare.wales) to find out more.