



Sources of Support for Care Workers during the COVID 19 Pandemic

Working in a care home or providing home care during the COVID 19 pandemic is likely to feel scary and stressful at times. If you are faced with people you care for becoming ill or dying with COVID 19 this will naturally be very upsetting for you and the people you work with. This information sheet contains a few of the available resources that you can access to help you maintain your wellbeing. There are also links to resources where you can learn more about COVID 19 if you wish.

Resources to support mental health and wellbeing

- Our Frontline: support for social care workers is offering free, confidential round the clock support to social care workers from trained volunteers. This is collaboration between the charities Mind, Shout, Samaritans, Hospice UK and the Royal Foundation of the Duke and Duchess of Cambridge

Text 85258 for a text conversation or call 166123 for a phone conversation

Further information and resources are available from

<https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-socialcare/>

- NHS Lanarkshire psychological services have written advice coping with your feelings during the COVID 19 pandemic available at <https://www.nhslanarkshire.scot.nhs.uk/novel-corona-virus-covid-19/managing-anxiety/>
- Therapist Dr Russ Howard has produced a strategy called Face COVID aiming to help people cope with difficult thoughts and feelings. You can read about this in a leaflet available here <https://www.actmindfully.com.au/wp-content/uploads/2020/03/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf> or watch this short video <https://www.youtube.com/watch?v=BmvNCdpHUyM>
- Cruse bereavement care have resources for those dealing with bereavement and grief during the COVID 19 pandemic available from <https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

Resources to learn more about COVID 19 if you wish to

- The end of life partnership keeps an up to date collection of resources for care homes and staff which can be accessed here <http://eolp.co.uk/SIXSTEPS/resources-related-to-covid-19/>
- Public Health England has produced written guidance about how to work safely in a care home available here <https://www.gov.uk/government/publications/covid-19-how-to-work-safely-in-care-homes>
- A video demonstrating how to safely put on and remove PPE can be found here <https://www.youtube.com/watch?v=ozY50PPmsvE&feature=youtu.be>
- A free online COVID 19 awareness course (takes approximately 2 hours) is available here <https://www.skillsforhealth.org.uk/covid-19-course>
- Skills for care have set up a helpline for care home managers which can be accessed here <https://www.skillsforcare.org.uk/Leadership-management/support-for-registered-managers/Advice-line.aspx>