

Guidance

Advice on managing your mental health and how employers can take care of the wellbeing of their staff during the coronavirus outbreak can be found [here](#).

Help now

1. Send the text '**FRONTLINE**' to **85258** to start a conversation
2. Samaritans **emotional support** – call **0300 131 7000**, 07:00-23:00
3. Hospice UK **bereavement and trauma** support – call **0300 3034434**, 08:00-20:00



Mental health apps

[Daylight](#) – provides support to people experiencing symptoms of worry and anxiety.

[Sleepio](#) – a clinically-evidenced sleep improvement programme.

[Silvercloud](#) – offers mental and behavioural programmes to support those experiencing difficult emotions and situations as a result of the pandemic. Use the code **SOC2020**

Support for registered managers

Skills for Care have created a package of support for Registered Managers. This includes a series of **webinars**, **local networks**, a **Facebook group**, **essential training** and a dedicated **advice line**.

More information about these resources can be found [here](#).

Online platform

Wellbeing guidance, resources and support can be found on our dedicated workforce platform.

Search 'Care workforce' on App store or login to the app online [here](#).