

Well-being at work

Our well-being at work covers every part of our working life, including the environment we work in, how we feel about our work, the organisation and the people we work with. For more information look at our webpages [here](#)

You can learn more about supporting well-being at work and looking after yourself at work, by completing our short e-learning modules [here](#)

Throughout the year we and other organisations offer information and learning session on a range of topics relevant to well-being at work.

If you would like to receive regular updates on what is available email 'yes' to wellbeing@socialcare.wales

You can also visit the events page [here](#)

Digital Community

You are also invited to join our digital community 'Your well-being matters'. This is a space to connect with people who have a shared interest in the well-being of the social care, early years and childcare workforce.

A link to the digital community can be found at the bottom of the page [here](#).

The following organisations provide a range of information and support that can be used by people living and working in Wales

Mental Health Support

There is free mental health support available to people working in health and social care provided by [canopi](#)

[nhs-111-press-2](#)

For urgent mental health support call 111 and press OPTION 2.

The service is available for people of all ages, 24 hours a day, 7 days a week in all areas of Wales to ensure those in need of support can access it quickly when they need it most.

[Able-futures](#)

A workplace mental health support service delivered for anyone in Wales over 16 who's in employment or an apprentice.

[The Care Workers Charity](#)

Help for social care workers financial, professional and mental well-being. The charity also offers a range of grants including support to individuals in times of financial crisis.

In work support

In work support provides a range of free well-being support, for people working in Wales.

[RCS-Wales](#)

RCS Wales can offer talking therapies, physical therapies, debt advice, and employer liaison to people living in north Wales and south-west Wales.

[In-Work Support Service – Mid & North Powys Mind](#)

Support for anyone aged 16 or over, who's employed, self-employed or an apprentice and lives in Powys.

[Case-UK](#)

Occupational therapy, physical therapy and psychological therapy for people who live in: Cardiff, Vale of Glamorgan, Merthyr Tydfil, Rhondda Cynon Taf, Bridgend, Blaenau Gwent, Torfaen, Caerphilly, Newport or Monmouthshire.