

Wellbeing Resources

Care Home staff can access the [In Work Support \(Wellbeing through Work\) service](#), which is hosted by Swansea Bay University Health Board.

If you have any queries, please email wtw@wales.nhs.uk or SBU.IWSWTW@wales.nhs.uk. It is a free and confidential service.

Other resources can be found via the following links:

- Able Futures <https://able-futures.co.uk/>
- Samaritans – [Click here for information](#)
- BAME Helpline Wales – [Click here for information](#)
- [SilverCloud - Swansea Bay University Health Board \(nhs.wales\)](#) - a free NHS Wales mental health online resource
- [C.A.L.L. Mental Health Helpline - Community Advice and Listening Line \(callhelpline.org.uk\)](#)
- [Live Fear Free helpline | GOV.WALES](#)
- [Time to Change Wales](#) resources.