



THE WELLBEING OF CARE WORKERS AND MANAGERS MATTERS TO US

HAVING TROUBLE SLEEPING?



FEELING TIRED ALL THE TIME?



FEELING LIKE YOU CAN'T COPE?



WORRIED ABOUT THINGS ?



GENERALLY FEELING MISERABLE OR UPSET?



HAVE YOU THOUGHT ABOUT SPEAKING TO A QUALIFIED THERAPIST?

YOU DO SO MUCH FOR THOSE YOU CARE FOR; IT'S TIME TO LET SOMEONE CARE FOR YOU



The Care Workers' Charity (CWC) are committed to supporting your wellbeing whilst you care for others.

This is why we are offering eligible care workers and managers* ten hours of FREE professional therapy via an accredited mental health organisation.

This might be right for you if you are struggling with issues such as 'burnout', insomnia, addiction, stress, anxiety, depression or PTSD. Talking with a professional therapist can help lighten your mood, boost your resilience and make it easier to cope with the demands of your role.

You will need to fill in a simple online application form and provide some supplementary information to qualify for free therapy.

All information you share with us will be kept strictly confidential.

To find out more about the offer and eligibility criteria* or to make an application, visit our website at: [The Care Workers Charity](https://www.thecareworkerscharity.org.uk).



*Please note that our eligibility criteria may be subject to change; visit our website for up-to-date information