



# Leading for Wellbeing - Registered Manager webinar

Wednesday 4 November 2020 Resource Handout



### **Supporting the social care diverse workforce**

COVID-19 is having a huge impact on the mental wellbeing of people from ethnic minority communities. Click [here](#) to watch a webinar on how COVID-19 is impacting on staff and what organisations should and can do to help their staff. The panel of experts discuss the history and impact of everyday discrimination, social inequalities and the effect these complex challenges and stresses can have on staff mental health and wellbeing.

### **Mind Wellness Action Plans**

A WAP can help employees to develop approaches to support their mental wellbeing. By regularly reviewing the agreed, practical steps in the WAP, you can support your team member to adapt it to reflect their experiences or new approaches they find helpful. Allowing the team member to take ownership of the process and of the WAP itself, you will be empowering them to feel more in control.

[Download free guides and templates](#) to develop a wellness action plan (WAP).

### **Psychological First Aid (PFA)**

This short online course explores the psychological impact of the COVID-19 pandemic and what you can do to help people cope, as well as the principles of giving psychological first aid in emergencies. This free course has been produced by Public Health England and is