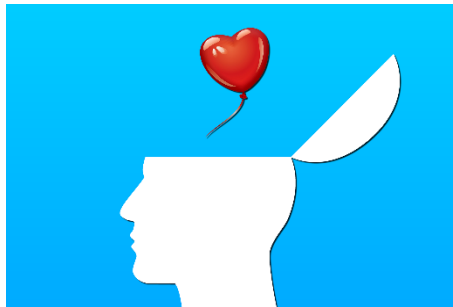




Help! I'm feeling stressed!

If we're honest, there are times when we all feel everything's got on top of us. Please find below a list of free resources and links available to support people in the VCSE sector with burnout, stress and other wellbeing issues.



- [Mental health support in North Yorkshire](#): find advice about improving your mental health and accessing local support in North Yorkshire. The page includes information on the North Yorkshire Council Mental Health Helpline and also signposts to the North Yorkshire Community Learning Partnership's free online self-help course on mental health.
- [Every Mind Matters](#): mental health site offering tips, tools and apps to improve mental health.
- **Free Health and Wellbeing App - HNY Our People**: HNY Our People is a fantastic app for health, care, emergency service, local authority and Voluntary, Community and Social Enterprise (VCSE) staff living and working in North and North East Lincolnshire, Humber, East Riding, York and North Yorkshire. The app places everything you need to take care of your wellbeing in one place. Join challenges, gain awards, build healthy habits; and access a range of self-help tools and podcasts. Download through [iOS](#): or [Google Play](#).
- [Wellbeing webinars](#) by Humber and North Yorkshire Health and Care Partnership.
- Harnessing the Power of Communities has provided an extensive [guide](#) for voluntary sector employers to improve wellbeing at work.
- A [series of self-help guides](#) are available from Tees, Esk and Wear Valleys NHS Foundation Trust to view and download, including topics such as stress and anxiety.
- Support for everyone: [Mental wellbeing support resources](#) gathered together by Humber and North Yorkshire Health and Care Partnership.
- [Support for VCSE page - West Yorkshire Staff Mental Health and Wellbeing Hub](#): this service is available to everyone working in the health and wellbeing sector, including VCSE organisations. Whether you are a staff or a volunteer. The Hub offers a wide variety of support and resources around mental health and wellbeing.
- [Mind](#): offers useful information, including A-Z of mental health, helplines, tips for everyday living.
- In partnership with Mind UK, the [Mental Health At Work website](#) has great resources and information for employers on how to improve general wellbeing in the workforce, improving productivity and workplace culture.

- Mind have produced a series of [free resources to help improve mental wellbeing in your workplace](#) which you can read online or download.
- The [Red Cross](#) has a range of resources on their website, including a workshop that employees may find useful.
- [NCVO resources](#): supporting the mental health and wellbeing of your team.
- [Supporting mental health at work](#): a guide for people managers - jointly developed by mental health charity Mind and the CIPD, this guide contains information, practical advice and conversation checklists for managers to better support those experiencing stress and mental health issues.
- [NHS audio guides](#): the NHS has created a number of free to listen to audio guides on mental wellbeing. Designed to help boost a listener's mood, these short guides have been created with doctors and cover everything from coping mechanisms for low mood and depression to anxiety control training and confidence building.
- [Talking Toolkit – Preventing Work-Related Stress](#): this guide from HSE helps managers start the conversation about preventing work-related stress.
- Harnessing the Power of Our Communities programme has delivered a [Wellbeing At Work guide](#), which has been created to support the wellbeing of staff and volunteers in the sector and includes some helpful actions and resources to improve organisational wellbeing.
- [Mental Health Foundation](#): a downloadable guide on how to support mental health at work.
- ACAS: [supporting mental health at work](#)
- ACEVO: [3 Simple anti-stress strategies you can action through the day](#)
- Financial wellbeing is a big issue currently, find some support here: [What is financial wellbeing? | The Money and Pensions Service](#)
- Support for people working from home on a regular basis: [Responsibilities: Health, safety and wellbeing when working from home - Acas](#)
- Resources on nature and mental health:
 - [How nature benefits mental health - Mind](#)
 - [Nature and Wellbeing: How are the Two Related? - The RSPB](#)
- More wellbeing resources can also be found on the Community First Yorkshire [Community Support North Yorkshire website](#) and take a look at our [VCSE Wellbeing Hub Toolkit](#).

Updated 30/03/2023