

Are you really looking after your wellbeing while working from home? – Resource guide

Thank you for registering to attend Clear Review's webinar *Are you really looking after your wellbeing while working from home?* Alongside our panel of experts, we've pulled together some useful resources for looking after your wellbeing while working from home.

For you

- Mind - Information for [individuals](#)
- Mind - Online peer support – [Elefriends](#)
- Sanctus – [Coronavirus support resources](#); furlough guide for employees, free groups etc
- Investors In People – [Making work better](#) – top tips
- Investors In People – [knowledge pages](#); mental health, stress at work, WFH habit swapper
- UK Government [COVID-19 advice](#)

For your family

- Mind - Advice for [young people](#)
- Sanctus – [Coping with family members overseas during COVID-19](#)
- NSPCC – [Advice and support for parents and carers during COVID-19](#)

For your organisation

- Mind - Toolkit for [employers](#)
- Mind - Advice for [managers](#)
- Sanctus – [Coronavirus support resources](#); furlough guide for employers
- Clear Review – [Continuous performance management strategies to support your employees](#) for HR
- Clear Review – [Remote working 1-2-1 template](#) for managers

Mental Health Support

- [NHS Mental Health Helpline Numbers](#)
- Samaritans free 24/7 number: 116 123 or email: jo@samaritans.org