

Working in Social Care?



- Stressed? Isolated? Struggling?
- A lot weighing on your mind?
- Unsure how to cope with current circumstances?

Flintshire County Council has teamed up with Mind in North East Wales to provide extra support for social care workers. We have information, talking therapies and activities designed to support your wellbeing during this difficult time.

The service is completely independent and confidential. Any time required to access support during work-time can be agreed with your manager. For more information and to discuss support that may be right for you, contact Stephanie Scott:

m: 07799 784 018

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