

# The mental health support fund

## Applicant Guidance



Care workers look after our society's most vulnerable individuals, often for little reward. They spend their careers assisting others, but when circumstances change, sometimes it is the care workers who need some help. The Care Workers' Charity mental health support fund offers applicants a series of up to 10 support sessions with a qualified therapist to help people working within the care sector deal with a multitude of mental health issues.



## The support on offer

To support people working within the care sector with mental health issues

We require the following document:

**a letter of support that will need to confirm that you would benefit from support with your mental health and that this programme would be beneficial to you.**

Talk to your GP, mental health support service or regulated professional (such as a social worker, or CPN or similar) to obtain this letter of support

You will need to provide a contact email address for your manager.

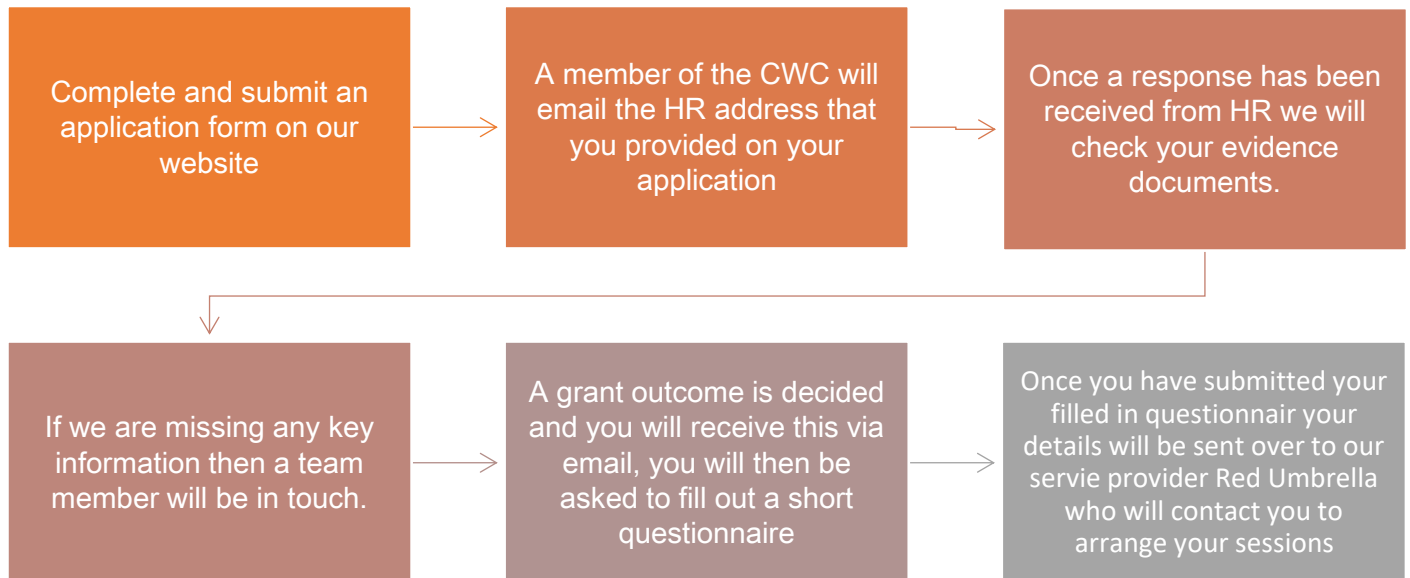
**Please be reassured** we will be contacting your HR Manager in order to verify that you are employed in the care sector.

**We will not be telling them you are applying for mental health support, but only that you have applied to us for a grant.**

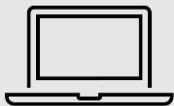
*\*Please note that without the required evidence documents, we are unable to process the grant. Unfortunately, we are unable to make exceptions.*

# The Application Process

In order to apply for a grant, you must complete an application form on our website. Please be aware that every application is assessed on a case-by-case basis and can take varying lengths of time to process.



## Tips to Accelerate your Application



Please submit only one application, as multiple applications can confuse our system.



Ensure that all required evidence documents are attached to your application. We are unable to process any application without these.



Double check that the HR email address that you have provided is correct, as this is the email address that we will use.

## Any Questions? Get in Contact

You can get in contact with a member of our team via Facebook or Email. Responses may take up to 5 working days.



<https://www.facebook.com/thecareworkerscharity/>



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