**NATIONAL SAFEGUARDING WEEK 2020**

**RESOURCES**

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| **MENTAL HEALTH AND WELLBEING:** | | |
| **Title** | **Source** | **Topic** |
| Top Tips for Mental Health – guide for education staff | NHS Wales | Mental Health and Wellbeing |
| CAMHS Resources  https://www.camhs-resources.co.uk/downloads | CAMHS Resources | Mental Health and Wellbeing |
| Time to Change Wales Resources  <https://www.timetochangewales.org.uk/en/resources/> / <https://www.timetochangewales.org.uk/cy/adnoddau/> | Time to Change Wales | Mental Health and Wellbeing |
| Useful Resources  <https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources/> | Mind | Mental Health and Wellbeing |

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| **ADULT SAFEGUARDING** | | |
| **Title** | **Source** | **Topic** |
| Stop, Challenge, Protect - Criminals are experts at impersonating others to exploit you | Health and Social Services Group | Adult Safeguarding |
| Protecting and Safeguarding Older People COVID-19 Information Pack | Health and Social Services Group | Adult Safeguarding |