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| **Mental Health and Wellbeing:** | | | |
| **Title** | **Source** | **English** | **Welsh** |
| Together for Mental Health The plan for 2019 to 2022 | Welsh Government |  |  |
| Together for Mental Health  Action Plan: 2019-22 | Welsh Government |  |  |
| Review of the together for mental health delivery plan 2019-2022 in response to covid-19 | Welsh Government |  |  |
| Social Care Wales ‘Padlet’ of wellbeing resources | Social Care Wales | [Social Care Wales ‘Padlet’ of wellbeing resources – ExChange (exchangewales.org)](https://www.exchangewales.org/social-care-wales-padlet-of-wellbeing-resources/) | [‘Padlet’ Gofal Cymdeithasol Cymru o Adnoddau Lles – ExChange (exchangewales.org)](https://www.exchangewales.org/cy/padlet-gofal-cymdeithasol-cymru-o-adnoddau-lles/) |
| How to look after your mental wellbeing | NHS Wales | [How to look after your mental wellbeing - Public Health Wales (nhs.wales)](https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/how-are-you-doing/how-are-you-feeling/how-to-look-after-your-mental-wellbeing/) | [Sut wyt ti'n teimlo? - Iechyd Cyhoeddus Cymru (gig.cymru)](https://icc.gig.cymru/pynciau/coronafeirws/sut-wyt-ti/sut-wyt-tin-teimlo/) |
| The Influence and Participation Toolkit | Mind | [Influence and Participation Toolkit | Mind, the mental health charity - help for mental health problems](https://www.mind.org.uk/workplace/influence-and-participation-toolkit/) |  |
| Anxiety and Depression | Mental Health Matters Wales | [ANXIETY & DEPRESSION | mhmwales.org.uk](https://mhmwales.org.uk/peer-support-1/anxiety-&-depression.html) |  |

**NATIONAL SAFEGUARDING WEEK 2021**

**RESOURCES**