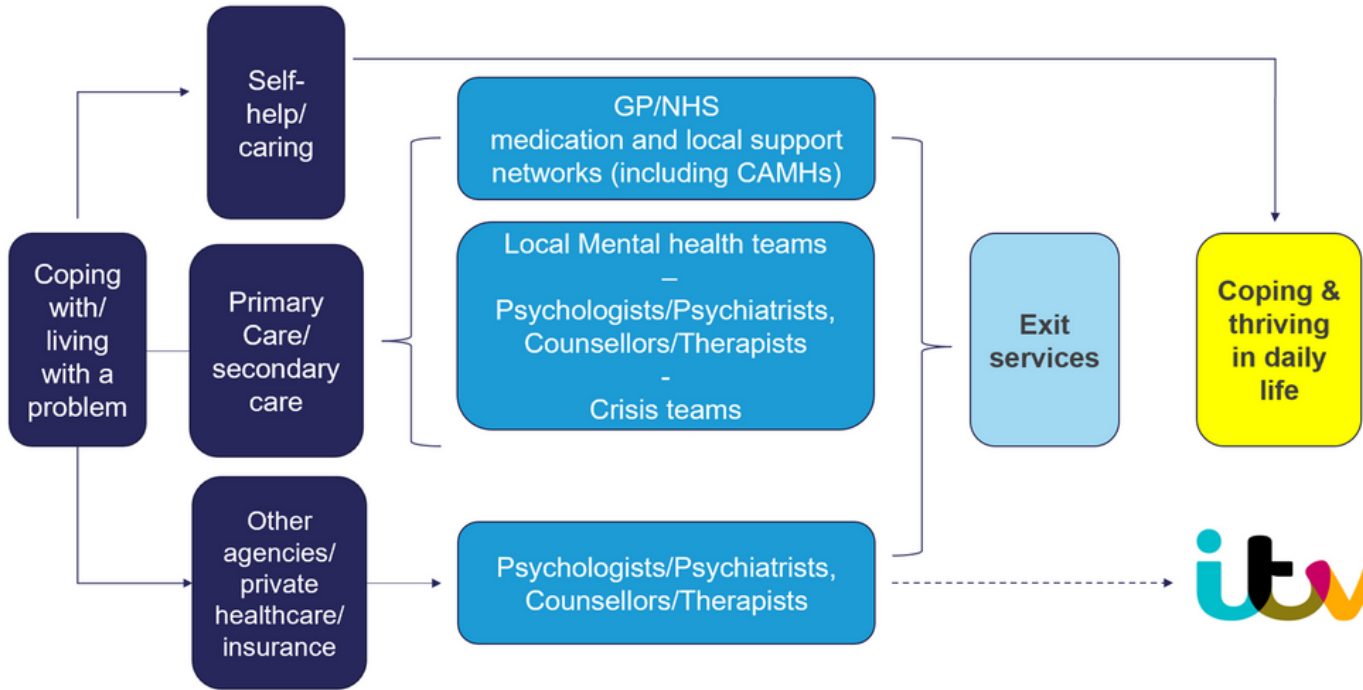


CAREPATHWAYS.....

DIRECT SUPPORT PATHWAYS





EAP run via Vita Health Group. It's free and confidential and provides emotional support and legal or financial advice 24/7



Recommended to freelancers who aren't able to access the EAP



An online community where people support each other anonymously through shared experiences, resources and discussion forums



Provides activities to help switch off from work, including hands-on, fun, creative classes, fitness and nutrition, mindfulness and relaxation. There's also an on demand library available



myITV events calendar provides details of what wellbeing workshops are on offer, including looking after teams' mental health, managing stress and anxiety



Join the ITV network groups for support and events



The Mindflex Psychological Fitness Series is available on demand and covers what Psychological Fitness is, the science and tools and strategies



An online development toolkit that hosts a wealth of resources, including tools for wellbeing, emotional intelligence, resilience and self-awareness



An international website for production needs covering mental health, personal safety plus lots of helpful information about healthy home working set up