

Caring for Our Carers:

A Study into the Mental Health and Wellbeing of Care Workers in the UK



Care workers are the backbone of our communities, providing essential support and compassion to those who need it most.

However, the demanding nature of the role, coupled with evolving challenges, can significantly impact their own mental health and wellbeing.

Despite the critical importance of their work, there is a recognised gap in up-to-date research specifically focusing on the mental health experiences of care workers in the UK. This means we don't have a clear, current picture of the challenges they face and the support they might need. This study aims to bridge that knowledge gap.

By participating, you will be contributing to a vital and up-to-date understanding of the mental health landscape for care workers in the UK. Your honest and anonymous insights will be invaluable in:

- Highlighting the realities: Providing a current and accurate picture of the mental health challenges and strengths within the care workforce.
- Identifying support needs: Pinpointing areas where more effective mental health support, resources, and interventions are needed.
- Informing policy and practice: Generating evidence that can be used to advocate for better working conditions, increased support, and improved wellbeing initiatives for care workers at an organisational and national level.

Who can participate?

We are seeking participation from all individuals currently working as care workers in any capacity across the United Kingdom. This includes, but is not limited to, those working in residential care homes, domiciliary care, supported living, and other care settings.

How will your data be used?

Your responses will be kept completely anonymous and confidential. No identifying information will be collected. The findings will be used to inform reports, white papers and presentations aimed at improving the mental health and wellbeing of care workers in the UK.

How long will it take?

The survey is designed to be completed in approximately 10 minutes. We understand your time is precious, and we deeply appreciate your willingness to contribute.

Your voice matters. By sharing your experiences, you are helping to shape a future where care workers receive the recognition and support, they truly deserve.

Thank you for considering your participation.

How do I participate?

You can get involved by clicking on this link:

[Caring for our carers study](#)

When will the results be published?
We are aiming to have the results collected by the end of 2025, and then the final report published in the spring of 2026. You can follow us on our Red Umbrella social media to hear more

Who are Red Umbrella

Red Umbrella are a team of highly passionate people who care deeply about the mental wellbeing of others. We deliver mental health first aid training as well as creating bespoke training for companies and organisations to better support their teams' mental wellbeing. We also provide a unique counselling and therapy service for those in need of professional support.

Red Umbrella has worked with some of the biggest names in the care sector for many years, delivering training, providing counselling and therapy, as well as bespoke solutions to the unique challenges that come up in care.

Our work in the care sector has shown us time and again the compassion and care that care workers give to others, and we want to give that same level of care back to this community and help to look after the people looking after those most in need.

For more information email us at team@red-umbrella.co.uk

Red Umbrella

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