

Further Information you may find useful.

The Blue Light Wellbeing Framework

The Blue Light Wellbeing Framework is a new sector-specific framework that we believe is the first of its kind in the emergency services. This new Framework contains learning from across the services, academia and Public Health England to provide organisations with a self-assessment tool that sets a new standard for the emergency services.

Find out more about [Oscar Kilo](#) and the Blue Light Framework including an Introduction by Chief Constable Rhodes.

[The five ways to wellbeing](#) - The following steps have been researched and developed by the [New Economics Foundation](#)

Wellbeing in the City

<https://www.samaritans.org/for-business/wellbeing-city>

Samaritans has created two interactive online programmes which bring our active listening expertise into the workplace: *Samaritans Active Listening Skills* and *Samaritans Wellbeing Toolkit*.

You can learn at your own pace, at your desk or at home. In as little as five minutes, you can learn skills that will help you understand the importance of emotional health and have the confidence to reach out to a colleague, friend or family member who might be struggling to cope.

Will you help us create happier, healthier workplaces? Businesses and individuals can sign up for free now, using token code: samaritans2018.

Got a question about Wellbeing in the City? Visit our [FAQs page](#) or [contact the team](#).