SUPPORTING YOUR PEOPLE'S WELLBEING DURING THE CORONAVIRUS

MENTAL HEALTH AWARENESS WEEK

Be there for your employees through the COVID-19 pandemic and ensure your workplace is supportive of mental health issues.

18TH - 24TH MAY 2020

Schofield
Insurance Brokers

Samaritans – 116 123 (24 hours, 365 days a year)
Confidential, non-judgemental emotional support helpline.

Understanding Your Next Steps

The current pandemic has the potential to negatively impact individuals' mental health. Many employees face increased anxiety, pressure and stress in a number of areas of their lives, including:

- Concerns over job security and income loss
- Fear of infection and the health of loved ones
- Feelings of isolation
- Worry about the future

Employers have a duty of care for people's health and safety and wellbeing no matter where they are based, but with many employees now working remotely it can be harder to spot the signs that an employee might be struggling.

What can you do to help your employees during COVID-19?

- Check in with your team regularly on a one-to-one basis, asking how they are. Make use of video calls and other technology, so that interactions can be as personal as possible
- Invite employees to be involved in more informal methods of communication, such as WhatsApp groups, where they can keep in touch to discuss non-work related topics

Society's experiences during the COVID-19 pandemic have given us the opportunity to further open up conversations around mental health and we can use this to build a culture of 'It's ok not to be ok'.

Ali McQuillan - Ops Manager at Schofield Insurance Brokers

Ali is a Certified Mental Health First Aider and is the go-to person at Schofield Insurance Brokers for anyone to speak to if they are suffering from a mental issue or emotional distress.

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