

In association with...



Hospitality
Action

Coronavirus and Mental Health

The number of cases of Coronavirus is escalating in the UK and around the world. It's impossible to browse on your phone or pick up a paper without being reminded of the grip it is taking across the globe. And these constant reminders of the pandemic inevitably take a toll on our mental health.

In hospitality, the worry can be particularly acute. Will a sharp decline in inbound tourists lead to redundancies at the hotel I work in? If people stop eating out in crowded environments, will I have to close my restaurant? If I cater within a busy workplace, am I more exposed than many to catching the virus? If many of my colleagues phone in sick, will I have to put in more shifts and work longer? And if I have to self-isolate, will I still be paid?

These and other questions and worries can place unwanted pressures on an individual. And, when pressure turns to stress, mental health can suffer.



We've got you.

www.hospitalityaction.well-online.co.uk

The Mental Health Foundation <https://www.mentalhealth.org.uk/> has published a valuable guide to safeguarding your mental wellbeing during the Coronavirus outbreak.

Here are a few of their recommendations:

Information

Seek information from trusted information sources and avoid rumour and speculation. We're all bombarded with media speculation about the virus's potential threat. And the media loves to talk up a crisis. Don't allow the scaremongers to frighten you: you'll find the latest information on the NHS website including symptoms of Coronavirus and measures you can take to avoid it. NHS Coronavirus information <https://www.nhs.uk/conditions/coronavirus-covid-19/>

The Government is also regularly updating its guidance for individuals, employers and businesses on how the UK is affected by Coronavirus.

Gov.UK coronavirus information (including travel advice)
<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

SignHealth British Sign Language (BSL) versions of the Government coronavirus information
<https://www.signhealth.org.uk/coronavirus/>

The Citizens Advice website has detailed information on Statutory Sick Pay
<https://www.citizensadvice.org.uk/work/rights-at-work/sick-pay/check-if-youre-entitled-to-sick-pay/>

And remember if you are unable to go to work, you should get your usual sick pay and will be entitled to Statutory Sick Pay from day one, rather than day four of your sick leave.

Full Fact has generated a fact check page on covid-19 to help dispel any false information.
<https://fullfact.org/health/wuhan-coronavirus/>

And if the media is causing you anxiety, give yourself a screen break.

Hygiene

Unless you've sung 'Happy Birthday' twice in your head while washing your hands, you haven't washed them thoroughly enough! And hands need washing after every sneeze, meal or trip to the loo. If you use tissues, dispose of them after use. And don't come to work if you think you might have caught the virus.

Talk to your children

The world can be a scary place for kids, sometimes. Talk to them regularly to make sure playground gossip isn't filling their minds with grisly images of what the future holds. Explain the facts to them, to ensure their imaginations don't run riot.

Don't let self-isolation affect your mental health

If you need to stay away from work because you have or think you might have the virus, don't let yourself become isolated. Keep in touch with the outside world through phone calls, emails or social media. And establish a daily routine that keeps worry and stress at bay: watch that box set you've always meant to watch, do some exercise, read a book.

Don't worry alone

Talking to others helps keep a perspective on current events. So speak to family, friends and colleagues, and don't let worry fester into anxiety. And use the outbreak as a chance to check in with friends and colleagues to make sure their mental health isn't suffering. If you are worried please call us 24/7 on **0808 802 2111** if you are a member of our EAP or otherwise call our helpline on **0808 802 0282**

If you, colleagues or family members have underlying health conditions the following charities have produced advice and information:

- For those over-60, **AgeUK** have produced guidance <https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/coronavirus/> and so have **Independent Age** <https://www.independentage.org/>
- **Asthma UK** has released a blog post with advice for people with asthma. <https://www.asthma.org.uk/advice/triggers/coronavirus-covid-19/>
- **Carers UK** has produced recommendations for carers. <https://www.carersuk.org/help-and-advice/health/looking-after-your-health/coronavirus-covid-19>
- **Diabetes UK** has provided an updated information page for people living with diabetes. https://www.diabetes.org.uk/about_us/news/coronavirus
- **The British Heart Foundation** has published guidance for people with health problems. <https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus%20and%20your%20health>
- **The Cystic Fibrosis Trust**, <https://www.cysticfibrosis.org.uk/news/uk-cf-medical-associations-statement-on-coronavirus> and **Primary Immunodeficiency UK** <http://www.piduk.org/whatarepids/treatment/immunoglobulinreplacementtherapy/coronavirus> have all issued advice and support.
- **The National Eczema Society** has offered advice on handwashing techniques for people with eczema and other skin conditions. <http://www.eczema.org/coronavirus>

Further help and information
Hospitality Action
www.hospitalityaction.wellonline.co.uk

Members of our EAP can contact our 24-hour Assistance Line providing emotional and practical support on:
UK 0808 802 2111
IRL 1800 911 121

If you are not a member of our EAP please contact our 24-hour helpline for emotional and practical support on:
0808 802 0282

We've got you.

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