



COVID-19 MENTAL HEALTH MESSAGES FOR HEALTH CARE PROVIDERS

Managing your mental health care and psychosocial wellbeing during this time is as important as managing your physical health. Use helpful coping strategies such as;



Ensuring sufficient rest and respite during work or between shifts

Eat sufficient and healthy food



Engage in physical activity

Stay in contact with family and friends



Get support from team members: Develop a buddy system

Use understandable ways to share messages with people with intellectual, cognitive and psychosocial disabilities.

keep it simple.

Team leader;

- Provide support to, for people who are affected with COVID-19 and link them with available resources
- Ensure good quality communication and accurate information updates are provided to all staff
- Regularly and supportively monitor your staff for their wellbeing
- Facilitate access to, and ensure staff are aware of where they can access mental health and psychosocial support services
- Encourage peer support amongst colleagues
- Team leaders should role-model self-care techniques to mitigate stress