

July
2021

mental health awareness



The Final Push!

The latest delay to lifting lockdown restrictions is incredibly frustrating for some - and reassuring for others. And while it may be difficult to not slip into a negative mindset, it is worth keeping in mind that the delay is probably a prudent precaution to avoid more stringent measures in the future. We are very nearly out of the woods when it comes to the pandemic, and we should all try and support each other with the final push.

We remain fully equipped to deal with all the challenges of the return to normality, as well as the mental health effects of the pandemic in general. We are aware that this is a particularly tough time, and our counsellors, 24/7 helpline and online resources are, as always, here to help.

Steven Stanbury Managing Director – Wellbeing Solutions



How Do You Feel?

It is often difficult to spot the signs of poor mental health in those around us. With everything that has happened over the past year, it can be a challenge to discern between a simple case of poor mood or more serious signs of ill mental health. On top of that, most of us feel unequipped to deal effectively with someone who is struggling.

That is why we need to underscore the importance of simply reaching out to those around us. Put some time aside to talk to your struggling co-workers, friends or family. Be upfront; tell them you are worried and why. Listen, do not judge, and show your acceptance. Remind them that there is support available and keep reaching out after your conversation to stay in touch. Quite often, that first conversation is the first step to someone getting the help they need.

What's going on this month?



1st to 31st July | Talk to Us 2021

Samaritan's month-long campaign to raise awareness that the organisation is here to listen to anyone who is struggling to cope, at any time.



5th to 11th July | Health Information Week

A week dedicated to raising health literacy, at work, home and in the broader community. This year's themes range from vaccines to digital health.



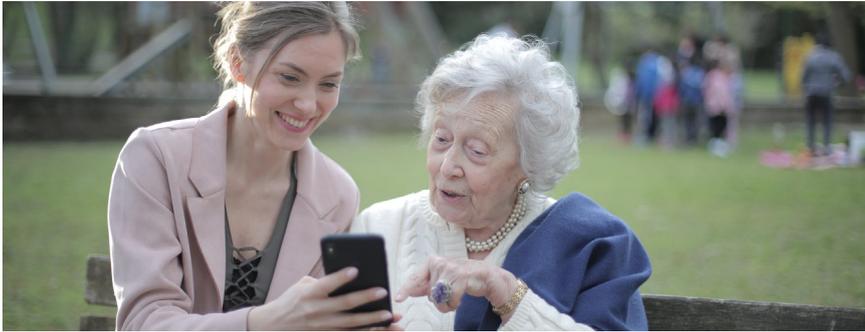
25th July | National Schizophrenia Awareness Day

A day to raise awareness of the challenges faced by the hundreds of thousands living with a diagnosis of schizophrenia in the UK, and millions more worldwide.

Signs of Not Coping

Common signs of declining mental health worth looking out for:

- ✓ Working long hours with no breaks
- ✓ Increased sickness absence or lateness
- ✓ Mood changes
- ✓ Distraction, indecision or confusion
- ✓ Overreaction to problems or issues
- ✓ Disruptive or anti-social behaviour



Handling Uncertain Times

With the announcement of the delay of 'Freedom Day' for another 4 weeks, it can be a challenge not to slip into the negative mindset that may have defined our wellbeing during the past few lockdowns. Certainly, the delay brings with it those same feelings of uncertainty that we have all had to deal with during the past year or so.

However, that is not to say that the news is all doom and gloom. The UK's vaccination drive has been a resounding success. Over 41 million people have received at least one dose of the vaccine – 78% of the adult population – with the rest of the adult population set to get the jab by the end of July. These incredibly encouraging numbers can only serve as a reminder that there is light at the end of the tunnel.

Despite this, feelings of distress and anxiety are to be expected during this time. It has been a difficult period for us all, and while the delay is relatively short, the uncertainty that it brings can be detrimental to our mental health. That is why it is incredibly important that we remain vigilant of one another's wellbeing, at work and at home.

If the challenges of the pandemic continue to negatively impact your mental health, take the time to speak to family, friends or co-workers, and remember that we are ready and able to offer advice through our 24/7 helpline and new online resources.

Top Tips for Return-to-Work Anxiety

While the return to work is a welcome change for many of us, some may be feeling anxious or worried. Here are some quick tips to managing the return to work:

- ✓ Give yourself space and be patient with yourself and others as we all get used to the 'new normal'
- ✓ Be prepared for the change. Understand yourself and your needs, and how these might evolve as we return to work
- ✓ Take a minute to stop and breathe. Taking the time to recentre yourself is key to dealing with anxiety
- ✓ Talk to your colleagues and managers if you are feeling uncomfortable. They're here to help!

employee assistance

Your Employee Assistance Helpline provides you and your family with counselling and advice, covering a variety of personal or workplace issues.

Whatever our age, background or role in life, we all have problems from time to time. Talking to a counsellor or advisor about a problem can help us find a way forward.

This service is paid for by your employer and is provided by an independent company, Wellbeing Solutions Management. There is no cost to you and all calls are confidential.

24/7 freephone: 0800 328 1437

Visit: employeeassistance.org.uk



Managers



Family



Addiction



Older People



Work



Mental Health



Wellbeing



Law



Money