

## NEDDC Employee Wellbeing Update – 19 May 2020

### Steps we can all take to help?

- Remember 2 metre Rita and 6 feet Pete!
- Limit contact with others as much as possible
- Wash your hands regularly

### Today's Theme: Mental Health Awareness Week

Yesterday marked the start of Mental Health Awareness week. It also marked the 9<sup>th</sup> week of lockdown. With not seeing family and friends as often as we'd like, struggling with living with social distancing measures, or feeling down with seeing the same four walls day in, day out, with this amount of time without our daily routines, its ok if your starting to feel burnt out – help is available. Looking after our own mental health is important now more than ever.



Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18-24 May 2020. The theme this year is kindness. Kindness strengthens relationships, develops community and deepens solidarity. Kindness and our mental health are deeply connected. It helps reduce stress, brings a fresh perspective and deepens friendships. For more information visit -

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

Remember, you should always speak to others if you are struggling, whether that be; a friend or relative, a colleague, your manager or someone in HR. The council also has the AXA Employee Assistance Programme which is free to all members of staff and their families. This can be accessed confidentially 24/7 either by phone or online;

[www.axabesupported.co.uk](http://www.axabesupported.co.uk) or phone on **0800 072 7 072**

Employees will need to login using the Username 'Information' and Password 'Supported' Even if you don't want to speak to someone just yet you can still log on and get some helpful tips and advice.

### Further Information:

- Information on how alcohol consumption can affect mental health;  
<https://alcoholchange.org.uk/alcohol-facts/fact-sheets/alcohol-and-mental-health>
- Information regarding the menopause, lockdown and mental health;  
<https://menopauseintheworkplace.co.uk/articles/menopause-and-lockdown/>
- Information on looking after your mental health;  
<https://nhs.uk/oneyou/every-mind-matters/>
- Information from WHO about Mental Health during Covid-19;  
<https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome/healthyathome---mental-health>

### More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.