

Coronavirus: How to protect your mental health

The uncertainty around Coronavirus (COVID-19) is causing symptoms, such as the fear of being out of control and unable to tolerate uncertainty, that are common characteristics of many anxiety disorders.

Being concerned about the news, and what is happening around us is understandable, but for many people it can make existing mental health problems worse. The World Health Organization has released advice on helping you to protect your mental health during the coronavirus outbreak. Some of their recommendations included:

- Avoid watching, reading or listening to news that cause you to feel anxious or distressed; seek information mainly to take practical steps to prepare your plans and protect yourself and loved ones.
- Seek information updates at specific times during the day once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried
- Get the facts. Gather information at regular intervals, from WHO website and GOV.co.uk in order to help you distinguish facts from rumours.
- Protect yourself and be supportive to others. Assisting others in their time of need can benefit the person receiving support as well as the helper.

Their full guidance can be found [here](#)

If you are feeling anxious about Coronavirus and you feel it is affecting your mental wellbeing the Employee Assistance Programme is a free resource available to all employees

Also take a look at the mental wellbeing supplement in the current edition of Flagstaff magazine for tips on managing stress.

Employee Assistance Programme (EAP) contact details:

Freephone - 0800 111 6387

From outside the UK:+44 845 330 5132(Calls will be charged but call-back can be requested)

Rehab Works Manager Helpline - 0800 1116 385 (for referring employees/general information)

Website:www.my-eap.com

South West Water/PWS & Pennon Organisation Code: SWWLwell

Viridor – organisational code: VRMLwell