

Mental Health Support for Staff while working at home during the Coronavirus Crisis

There are many online resources available to staff and managers at the University, providing support for Mental Health during these exceptional times

General

- Keep abreast of the University agreed advice on the [‘Coronavirus – Information for Staff’ webpages](#)
- Use the University’s [Employee Assistance Programme](#) (EAP) for information: there are articles for individuals and managers on keeping teams together, as well as advice on exercise and diet. **EAP University Login: uokent. Password: university** The EAP also produces weekly articles on relevant subjects and these are available on the University’s website. The whole series of current and past EAP articles can be accessed via [the Staff Health and Wellbeing website](#)
- Occupational Health produce a weekly Health and Wellbeing blog article which is published on the [Kent Sport news page](#) Current and past blog articles can be found on the [Staff Health and Wellbeing website](#)
- [WorkGuru](#) is an online resource that has been relaunched for free because the crisis. Enter the word FREE on the code box on the right
- MIND has produced some useful information: [Coronavirus and Your Wellbeing](#); [Coronavirus Supporting Yourself and Your Team](#)
- The [Staff Wellbeing Reading List](#) can be accessed via the Health and Wellbeing website and there are online editions available
- The Individual Stress Risk Assessment Tool is available off the [OH website](#)
- The Robertson-Cooper i-resilience tool is available off the [OH website](#) and [the Health and Wellbeing website](#). This is a confidential personality-based questionnaire that enables you to receive a personalised i-resilience report. The feedback will tell you how your personality is likely to influence your personal resilience (coping with and bouncing back from setbacks) both generally and in a range of workplace situations
- Learning and Development have various online courses and modules available which will give managers and individuals insight into aspects of mental health and wellbeing. Access the [L&OD Future of Work programme](#) to learn more about these
- Support continues to be available from Occupational Health. Contact them via occupationalhealth@kent.ac.uk

DSE

- The University’s DSE ‘Safety at Home’ module can be accessed by logging into your Awaken BeOnline training account [here](#); look under ‘My Training/ Active Training’
- There is pragmatic advice on DSE setup provided by the Safety, Health and Environment Unit on the [‘Working From Home’](#) section of the University’s ‘Coronavirus Staff Updates’ webpages
- Simple Infographic advice on home workstation set up is available [here](#).
- A simple set of stretches and exercises to do while working at a computer from Posturite can be found [here](#).

Exercise

- This article provides guidance on exercise during the crisis - <https://www.verywellfit.com/best-ways-to-exercise-at-home-1231142>
- Joe Wicks, the Body Coach, You Tube channel has been well publicised in the media for PE classes for children every morning, but also includes lots of other fitness work outs. <https://www.youtube.com/user/thebodycoach1>
- Kent Sport have launched their Stay Well @ Home campaign. To keep up with this, check out their [news page](#) or follow @UniKentSports on Facebook, Twitter, Instagram and YouTube.