

How can employers consider employee's mental health during COVID-19?

Communication:

- ✓ Reach out to staff often & provide as much information as possible
 - ✓ Send out questionnaires to determine morale, emotions, any changes in attitude, & how to improve the working from home experience
- ✓ Emphasize benefits which may apply to staff to ease anxieties
- ✓ Support & aid both those who are working from home and at the workplace, asking if they require any additional support
- ✓ Make sure staff feel that they have someone they feel comfortable reaching out to for support & to voice any concerns
- ✓ Make any necessary accommodations to promote productivity while away from the workplace

Resources:

- ✓ Provide staff with the tools required to perform their duties effectively while working from home
- ✓ Create informational videos to instruct staff on how to perform certain tasks while at home to prevent confusion
- ✓ Supply staff which have been either furloughed or laid off with tools to assist with a job hunt and, or new measures for financial stability
- ✓ Encourage staff to use their time off, even if just for a day. It doesn't matter if they have nowhere to go, the time off is still important.