

CORONAVIRUS, CHRISTMAS AND YOUR WELLBEING

Marian Garfield

1st December 2020



- Understanding difficult feelings
- Tips for taking care of your mental wellbeing
- Further advice and support



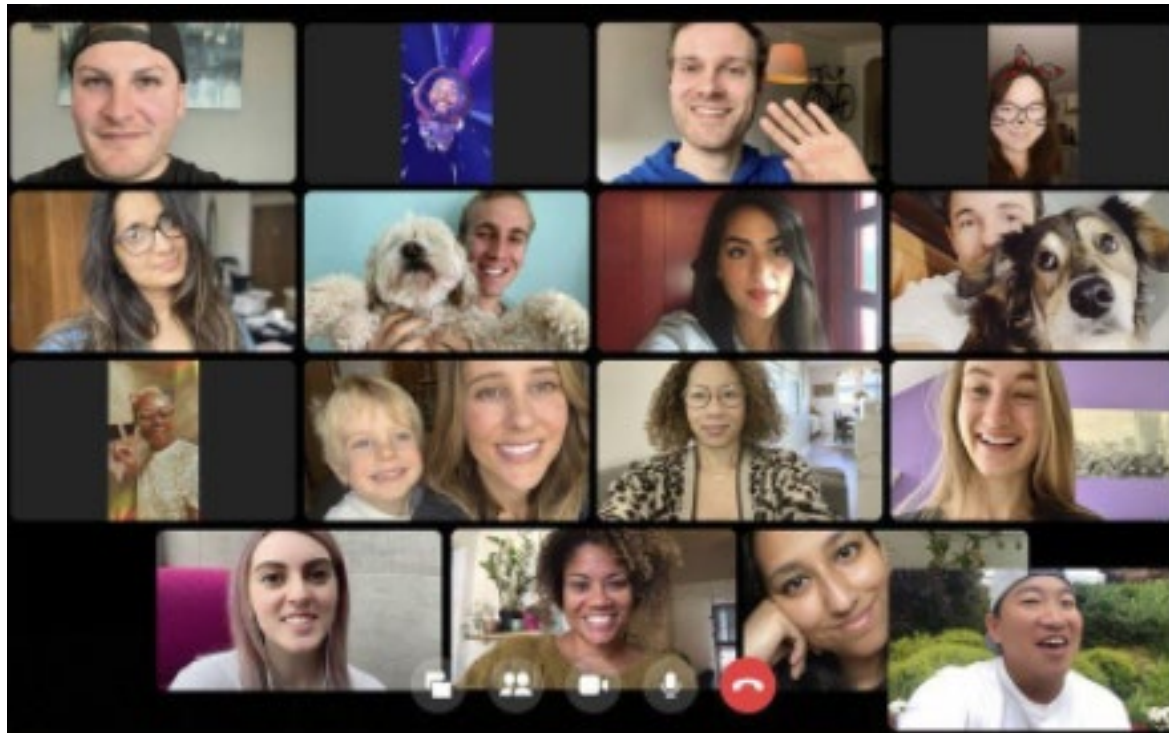
➤ **WHAT MIGHT I BE FEELING ABOUT THE CORONAVIRUS PANDEMIC?**



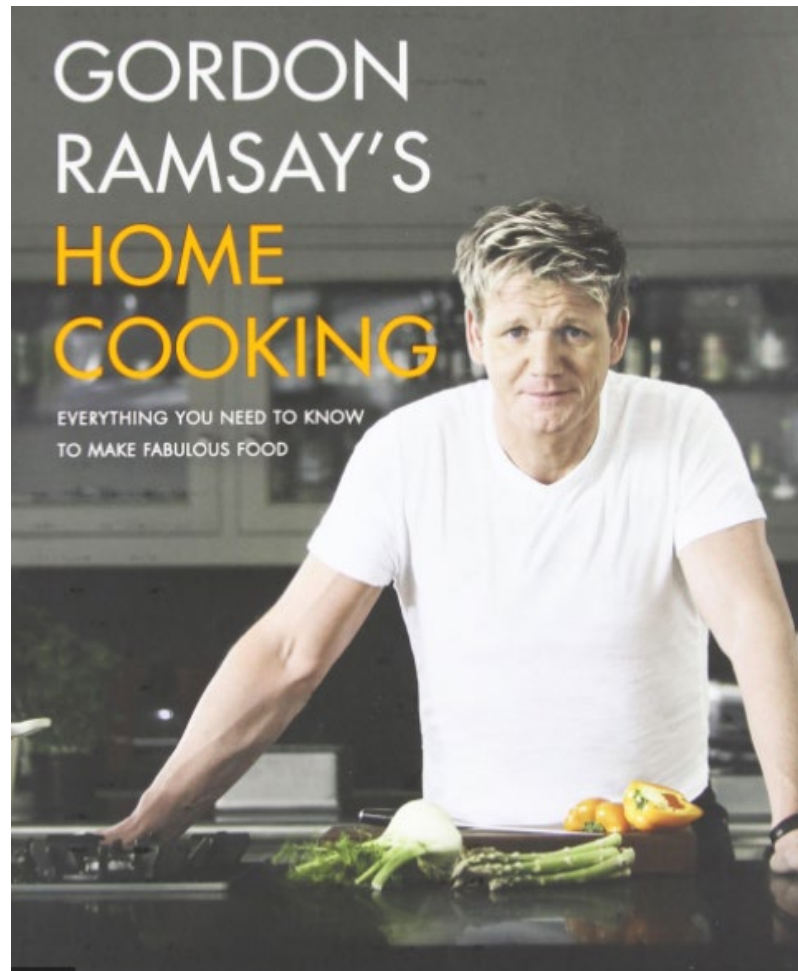
TIPS FOR TAKING CARE OF YOUR MENTAL WELLBEING

- These are some ideas to help take care of your mental wellbeing during the coronavirus pandemic, including during the winter.
- These tips may work for different people at different times.
- Only try what you feel comfortable with. And try not to put too much pressure on yourself if anything doesn't feel possible right now.

➤ FIND WAYS TO CONNECT WITH OTHERS AND SHARE EXPERIENCE



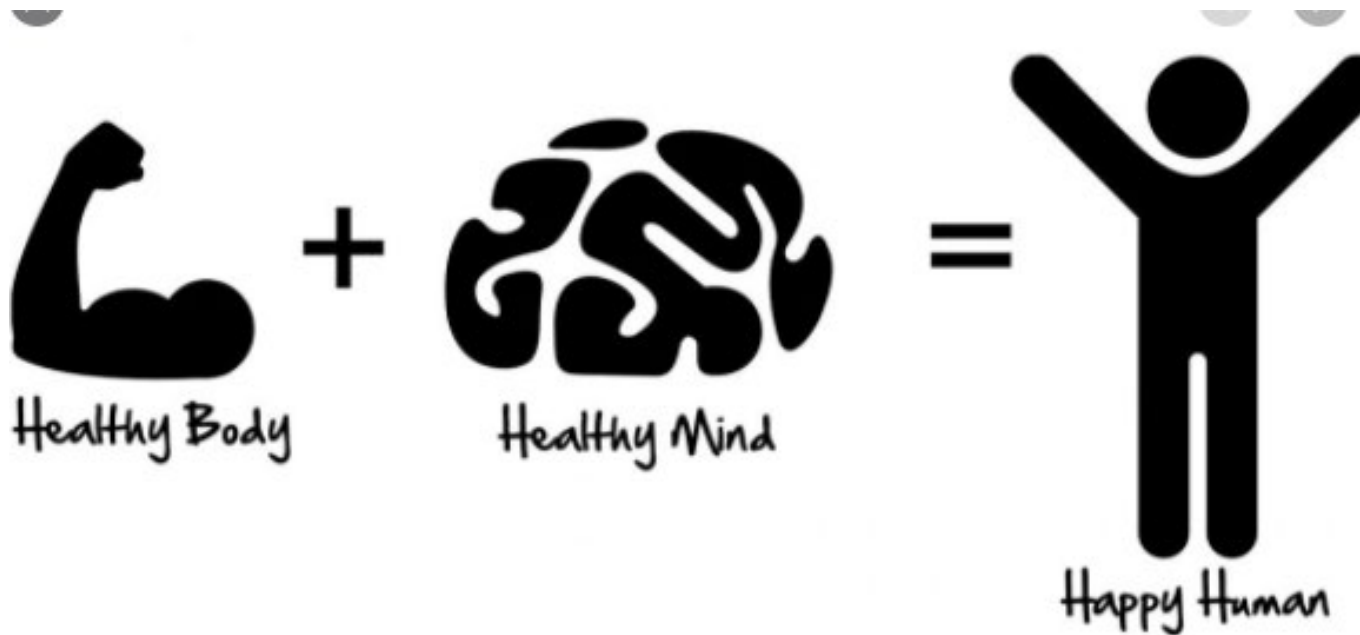
➤ ADAPT YOUR ROUTINE FOR WINTER



**> GET AS MUCH NATURAL LIGHT AND NATURE
AS YOU CAN**



➤ LOOK AFTER YOUR PHYSICAL HEALTH



➤ LOOK AFTER YOUR PHYSICAL HEALTH



Social Media
a '**Silent Killer**' of
your Mental Health

FURTHER ADVICE AND SUPPORT

➤ UNITE PAGE – HEALTH AND WELLBEING

https://hcgrouppnet.sharepoint.com/sites/intranet-uk/en-US/Pages/Health-and-Wellbeing.aspx

AFE Allstar BMM Fuel C... Avetta_PICS Critical Controls - C... e-c@mpus Email - Garfield, Ma... Entropy Software Interlex - AID System LMS Training NHS test and trace... Other favorites

HEIDELBERGCEMENT Search for Intranet

ORGANISATION KNOWLEDGE AND TOOLS EMPLOYEE UNITED KINGDOM

United Kingdom > Health-and-Wellbeing



UNITED KINGDOM

My Country

Country News

Filter Page

My Company Page

My Location Page

Policies, procedures, documents

Pages

Health & Safety All companies All locations

Health and Wellbeing



2030 COMMITMENTS

We will ensure Hanson is a safe and healthy place to work and are committed to continuously enhancing the health, safety and wellbeing of our employees and contractors

Published on the 08/10/2020 140 views

Welcome to your Hanson UK Health & Wellbeing page

What does 2020 Look Like

Details of 2020's strategy, along with a reminder of last year's highlights, are showcased in our 2020 video below...

CONTACT

Sapstead, Rachel (Shepherd) GBR

RELATED ARTICLES

1123 1 2

Coronavirus Information

[Read more](#)

Sapstead, Rachel (Shepherd) GBR 16/09/2020

- All companies
- Crisis Management
- Health & Safety
- Social Responsibility
- Travel
- All locations

➤ MENTAL HEALTH FIRST AIDERS

Mental Health First Aiders (MHFA's)



Most adults spend at least a third of their time at work. At any given time, one in six working age adults have symptoms associated with mental ill health. Our Mental Health First Aiders are trained to support you in the workplace and beyond by helping Hanson create a culture of wellbeing at work.



Please [CLICK HERE](#) to view a list of the Mental Health First Aiders.

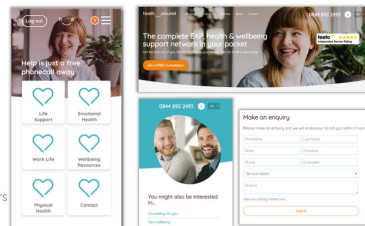
Please see Managers Guide and a general update to MHFAs below;

- [Managers Guide to MHFAs October 2019](#)
- [Mental Health First Aiders HW Plan 2019 Update](#)

➤ EAP – HEALTH ASSURED

Online Tools & Accessibility

- Health e-hub mobile app
- Health & Wellbeing Portal
- Counselling support via email
- LiveAgent Instant Chat
- Accessibility:
 - Minicom
 - Braille
 - Easy read
 - Alternative colours
 - Materials in other languages
 - Translation services
 - Video counselling with BSL counsellors

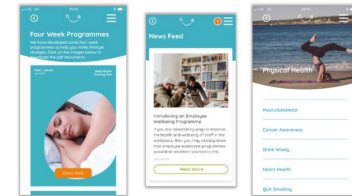


Your healthy advantage

health assured

New and Improved App

- Free to download worldwide
- Currently available on iPhone and Android
- Accessible 24/7 without an internet connection
- Rapid load and refresh speed
- 31.7MB storage (less than 0.2% on 16GB iPhone)
- Streamlined design and navigation
- News feed functionality
- Mini health assessments
- Additional fact sheets and four week programmes
- Drives EAP engagement through 'contact us' page, outbound calls within 2 hours



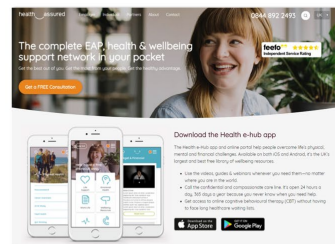
"A very good service offering that is growing, developing and improving further. The introduction of a smartphone app is exactly what I wanted to be able to offer our staff, so I was delighted to learn they have launched one"

Your healthy advantage

health assured

Health & Wellbeing Portal

- LiveAgent instant chat
- Monthly webinars including Recognising Stress, The Art of Motivation, Building Personal Resilience, Mental Health First Aid
- Four week programmes including Quit Smoking, Sleep, Losing Weight, Drinking Less
- Mini health assessments including BMI, sleep, alcohol, anxiety and depression
- Wellbeing articles and fact sheets on topics such as sleep apnoea, menopause, internet safety, eating disorders, gender reassignment, self-harm and consumer vulnerability
- Awareness Day information such as OCD week of action and self-injury awareness day
- Drives engagement in partnership with newsletter



Your healthy advantage

health assured

Online Portal & Health e-Hub App Demo

Access to our Online Health and Wellbeing Portal and mobile Health e-Hub app ensures employees can readily access information and support via user friendly platforms, helping to drive utilisation and promote engagement.



"The app available for download has proven popular across all levels within the organisation and continues to grow in use the more it is promoted" Client feedback, 2018

Health & Wellbeing Portal: click [here](#). Username, [hanson](#). Password, [hanson](#)

Helpline number - 0800 030 5182 quoting your company name

Your healthy advantage

health assured

➤ DRUGS AND ALCOHOL SUPPORT



Hanson UK does not permit anybody to work under the influence of drugs or alcohol, nor keep these at company workplaces or in company vehicles. We carry out regular drugs and alcohol testing, and anybody who tests positive could face disciplinary action and dismissal without notice.

Don't let this happen to you. If you have a drugs or alcohol problem, ask for support now before it's too late.

TIME TO ACT ?

If you take drugs or have an alcohol problem then...

1. Speak to your manager or HR business partner in confidence.
2. Check Unite for a list of online or national support resources.
3. Be prepared to go through a support programme. You may need to consider alternative work or personal time off to support your recovery.
4. Return to work once agreed with your doctor.

UK CP21 Drugs and Alcohol Policy available on Unite.

unite.groupinc.net/uk/drugs-and-alcohol

July 2019

EXTERNAL SUPPORT

Mates in Mind - **020 3510 5018**.

Construction Industry helpline - **0345 605 1956**

Samaritans - 116 123

Mind – 0300 123 3393

Prevention of young suicide – 0800 068 41 41

