

Return to Work Support

Social Distancing

When returning to work it is important that you follow the advice from your employer and the [government guidelines](#) to ensure the safety of yourself and everyone around you.



Coping with Stress during COVID19

Some useful tips to help if you are feeling stressed during these uncertain times:



- Take breaks from watching, reading, or listening to news stories, including social media. Repeatedly hearing about the pandemic can be upsetting.
- Take care of your body.
- Take deep breaths and stretch.
- Try to eat healthy, balanced meals.
- Exercise regularly and get plenty of sleep.
- Make time to unwind. Try to do some activities you enjoy (whilst still following the government guidelines).
- Connect with others. Talk to people you trust about your concerns or how you are feeling.

Mental Health and Other Support

If you are struggling, there are resources available to help. You can speak to any member of the team at Intequal or use the [Useful links page](#) on our website. You can also find mental health support in your local area using the [Hub of Hope](#). You can contact a member of safeguarding at Intequal by emailing safeguarding@intequal.co.uk.

Useful Links

Find below a list of useful links for:

- Safeguarding
- Equality and Diversity
- Health and Safety
- Employment
- Travel
- Childcare and more!



Legal Support

If you are concerned with the practices and legalities at work [Citizens Advice](#) offer free support and legal advice to callers. They can help with many areas, including but not limited to pay, employment law, and work contracts.

citizens
advice



Food Support

If you are struggling for food many places are offering food parcels. Check locally for resources available, and don't forget food trusts, food banks and religious organisation as many are offering support.

Domestic Abuse

National Domestic Abuse Helpline: 0808 2000247 (available for calls 24 hours a day)