Your Psychological PPE to Promote Mental Health and Well-Being

**Individual**
- Take a day off and create space between work and home life
- Avoid publicity and media coverage about COVID-19
- Receive mental health support during and after the crisis
- Facilitate opportunities to show gratitude
- Reframe negative experiences as positive and reclaim agency

**Team Leader**
- Limit staff time on site/shift
- Design clear roles and leadership
- Train managers to be aware of key risk factors and monitor for any signs of distress
- Make peer support services available to staff
- Pair workers together to serve as peer support in a “buddy system”