

Actions for peers, families, and friends

- **Helping frontline HCWs cope with stress, the suggested actions for peers from WHO**

<http://www.emro.who.int/mnh/news/frontline-workers-and-coping-with-stress-during-covid-19-peer-support.html>

- **Be considerate**
- **Offer support**
- **Strengthen social networks**
- **Participate and become a change agent**, advocate for creating a mentally healthy work environment.
- **Check in and go the extra mile**, talk and share the stress or problems from your colleague; work together to think of positive coping mechanisms or self-help steps for your colleague.

- **Encourage awareness and help-seeking**
- **Volunteer**, consider being the representative to advocate mental health support for your colleagues or join in the peer support group in your workplace.
- **Have zero tolerance for bullying or harassment**
- **Deal with suicide**, if your colleague indicates that they are about to or want to harm themselves or commit suicide, do not leave them alone, and seek immediate support from health services.

- ❖ The support from families and friends is also indispensable for HCWs to keep mental health in good form.
- ❖ An online survey from USA reported 700 HCWs (62.56%) indicated that the top personal/home-related stressor was I am too tired when I got home to cook, do chores, etc. (MHA, 2020). Du et al. (2020) also stated that depressive and anxiety symptoms were more common among those HCWs who were lacking family support.

- **Suggestions for family and friends to support HCWs from Morneau Shepell Inc, USA**

- **Listen and share their burden**
- **Help them to maintain a routine**
- **Nourish their body and spirits**, help them have healthy diet, get exercise, and cheer them up.
- **Stay connected**
- **Help them maintain perspective**, remind HCWs that they are doing their best, and everyone has his/her limits.

<https://www.morneaushepell.com/ca-en/supporting-health-care-workers-who-are-fighting-covid-19-pandemic>

