

# NZ Safety Alert

7 August 2020

Let's work together to keep ourselves and our workers safe

## We need to look out for each other

During the COVID-19 pandemic, there has been a lot of information about the virus and its effects on mental health.

That's because Coronavirus and the social, financial and psychological implications it carries can seriously impact one's mental wellbeing.

People with pre-existing mental health issues should continue to manage and track their mental health. Self-care is vital, and it's also important to try and reduce the stress for ourselves and others around us.

Check in on each other, particularly those vulnerable to anxiety, fear and/or depression.



If you need advice, you can go to the [Mental Health Foundation](#) to find information on getting help with mental health.

### You need to ensure that:

1. You provide assistance and support to workers and their families in this difficult time.
2. You comply with all Government requirements associated with social distancing and contact tracing.
3. You make a difference by supporting friends, neighbours and whānau, especially the elderly and vulnerable.

**Know of an incident or near miss? Please share the learnings with us.**