

# COMMENT

Promoting knowledge to improve workplace safety, health and wellbeing



Northern Ireland  
**Safety Group**

Promoting Occupational  
Safety & Health

## Managing mental health risks following a return to work post COVID-19



Many experts over the past 3 months have told us the pandemic is a marathon not a sprint. Possibly it and the return to work would be better viewed as a steeplechase. For non-athletic fans this is a race punctuated with hurdles.

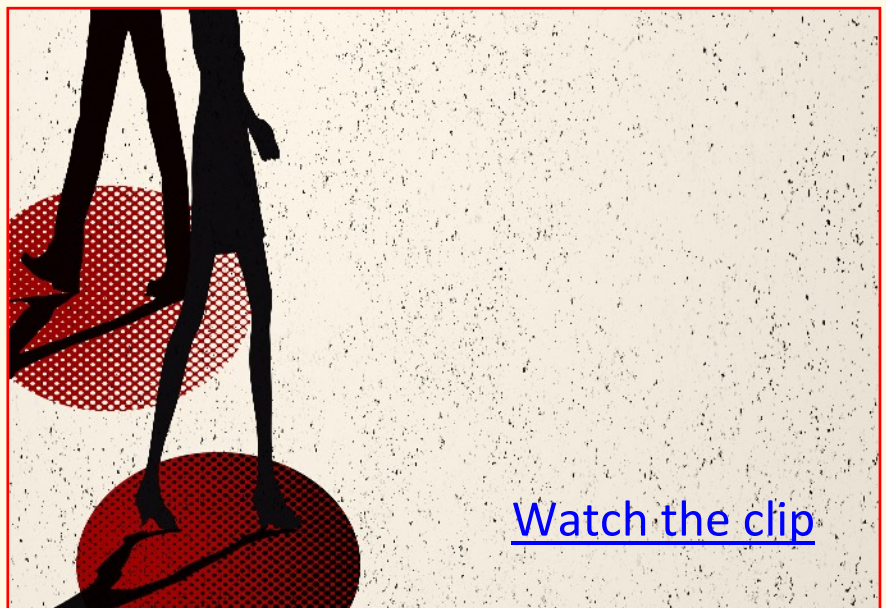
The same experts have warned of a mental health crisis and again this can be viewed as the same race. Some people will have reacted well to the pandemic and breezed through it. But for others the hurdles during the race loom large as they approach them.

But what causes these hurdles in the first place. The list is quite long and includes lack of structure, loss of routine, uncertainty, feelings of loneliness, anxiety, fear etc.

To make it even more complicated different people have different hurdles.

How you assist employees jump those hurdles when they return to work can make a big difference in the months ahead.

Chris Walsh is lead facilitator at Cosaint Training specialising in First Aid for Mental Health. In this 16 minute video ([link to the right](#)) he talks with Comment about what employees could be feeling when returning to work.



[Watch the clip](#)

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