IIMHL & IIDL Briefing III

Leadership:
innovations within
a health crisis: COVID-19

Janet Peters 13th April 2020

This briefing describes innovations by our member countries to assist them, and other countries and organisations to better support staff during the COVID-19 outbreak.

Two key innovations are described with links for further information.

1. Safe Work, Australia

SWA is an Australian government statutory body established in 2008 to develop national policy relating to WHS and workers' compensation. We are an inclusive, tripartite body—we work in partnership with governments, employers and employees—to drive national policy development on WHS and workers' compensation matters. We work to:

- develop and evaluate national policy and strategies
- develop and evaluate the model WHS legislative framework
- undertake research, and
- collect, analyse and report data

While the work below was designed for the Australian workforce these documents have applicability for any country.

These links will enable you to find out about the following issues:

- How do WHS duties apply to risks to psychological health?
- What are possible psychosocial hazards from COVID-19?
- Working from home risks
- What steps can employers take to minimise workplace stress?
- Tips for managing stress from COVID-19

You can also visit the following sites for information on caring for your mental health:
- Head to Health – COVID-19 Support
- Beyond Blue – Looking after your mental health during the coronavirus outbreak
- Australian Psychological Society – Tips for coping with coronavirus anxiety
- Headspace – How to cope with stress related to coronavirus (COVID-19)

https://www.safeworkaustralia.gov.au/covid-19-information-workplaces/mental-health-and-covid-19

2. World Health Organisation

**Mental health and psychosocial considerations during the COVID-19 outbreak
18 March 2020**

In January 2020 the World Health Organization (WHO) declared the outbreak of a new coronavirus disease, COVID-19, to be a Public Health Emergency of International Concern and that there was a high risk of COVID-19 spreading to other countries around the world. In March 2020, WHO made the assessment that COVID-19 was a pandemic. WHO and public health authorities around the world are acting to contain the COVID-19 outbreak. The spread of the disease and its effects are also having an impact on mental health and wellbeing in all populations.

The considerations presented in this document have been developed by the WHO Department of Mental Health and Substance Use as a series of messages that can be used in communications to support mental and psychosocial well-being in different target groups during the outbreak.

- Messages for the general population
- Messages for healthcare workers
- Messages for team leaders or managers in health facilities
- Messages for carers of children
- Messages for older adults, people with underlying health conditions and their carers
- Messages for people in isolation

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_8