



# HELPING PEOPLE IN DISTRESS WHEN WORKING FROM HOME

## LOOK OUT FOR

- 1 Are they irritable, frustrated, angry or confused?
- 2 How do they seem on screen?
- 3 Keep an eye on their social media posts.
- 4 Do they know when to shut off?
- 5 Have they been visible?
- 6 Are they struggling to produce work?
- 7 Listen out for tone of voice.

## HOW TO HELP

- React quickly. Don't wait for the perfect moment.
- Ask twice how they are feeling.
- Be open and share struggles you may also be facing.
- Don't feel awkward about talking, let them know what you have noticed.

### LISTEN

Show you understand. Use these tools to support you:

- Body language
- Comfortable eye contact
- Use silence
- Be careful of tone of voice
- Summarise your talk in their words

### ASK QUESTIONS

1. How is everything going in the current situation?
2. How are you finding balancing home and work life?
3. What support network do you have in place?

### CREATE A PLAN

- Get emergency help as soon as possible if needed.
- Co-create a plan WITH them, not FOR them.
- Explore appropriate information, support and help.
- Check in with them from time but avoid becoming their long term support or a therapist.

**IN CRISIS CALL  
SAMARITANS: 116 123**

**FOR MORE INFORMATION CONTACT US:**

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the  
healthy work  
company

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