



Ministry
of Defence

Health and Wellbeing Support during Coronavirus



A general note

It is important for all Defence personnel to think about how Coronavirus (COVID-19) might affect their own health and wellbeing, that of their colleagues and their families.

Perhaps your work has changed during this time either because you're doing more than usual, or completely different work. You may have recently started a new role, and this has disrupted your induction and learning.

You may be taking on extra responsibilities if members of your team are supporting COVID 19 activities, or you may feel a sense of helplessness or frustration about not being able to support COVID 19 efforts more directly.



Support available

- If you're in the military and feel you need support, you should always approach your Chain of Command in the first instance, they will be able to direct you to specialist staff or services.
- If you're a civilian, you should contact your line manager, but all civilian employees also have 24 hour access to the [Employee Assistance Programme](#) (EAP) which provides advice, emotional support and counselling.
- Each unit/site will have put different COVID 19 measures in place so always follow local advice in the first instance.
- You can also find online support on defnet or Defence Connect, accessed via the Defence Gateway.
- The Coronavirus portal on defnet and Defence Connect has up to date information to help you at this time.



Support available

- The [defnet Health and Wellbeing Portal](#) provides health and wellbeing advice, tools and resources, including current policies and initiatives, as well as links to other single Service, Civilian HR sites and Defence affiliated charities.
- If you or someone you work with doesn't have access to MODNET or other MOD communications, you can also access the [NHS COVID 19 and Public Health England websites](#) for up-to-date information.

