

Long COVID

We all have mental health and at some point, life or work events may cause us to have some negative health and wellbeing issues.

The university wishes to be a supportive environment for colleagues when they are experiencing negative mental health and wellbeing and there are a number of ways colleagues can seek and receive support.

A number of common health and wellbeing scenarios have been presented which aim to provide colleagues with a pathway to seeking and receiving support.

1:1 Meeting

During a 1:1 with your Line Manager there will be opportunity for a Wellbeing Conversation and this is the time to highlight any health and wellbeing issues with regards to Long Covid related issues. During the conversation, your Line Manager will discuss possible reasonable adjustments or may refer you to Occupational Health allowing for an opportunity to speak to a OH practitioner. The Line Manager can also signpost to internal & external support resources. If there is not a Wellbeing Conversation section during the 1:1, ask for it.



GP Appointment

For some people, COVID-19 can cause symptoms that can last for weeks or even months after the infection has passed and this is known as Long COVID or Post COVID. The symptoms of Long COVID are different for different people and also, people reporting having had a mild case of COVID are reporting having Long COVID symptoms. In the first instance, colleagues are recommended to have a conversation with their GP to discuss their issues with Long Covid.



External Resources

There are various resources and support groups available but sometimes people just want the opportunity to talk to others who are experiencing what they are as this can provide support in itself – to know you are not alone. There is a Long COVID Informal Staff Support Group, please contact Claire Biggar for additional information

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