

## 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, and the university wants to be a supportive environment. The role of the Line Manager is important in providing positive support and we wish to ensure our Line Managers know where to get support so they can signpost accordingly. A number of common health and wellbeing scenarios have been presented which aim to provide Line Managers with a pathway to help them support their team(s). The [Mental Health & Wellbeing in the Workplace Guidance for Managers](#) document is also a helpful tool for Line Managers.

### 1:1 Meeting

During a 1:1 with your Direct Report there will be opportunity for a Wellbeing Conversation and this is the time to ask the Direct Report to highlight any health and wellbeing issues with regards to Long Covid. They may raise the topic themselves, or if they don't and you suspect an issue use the guidance of how to conduct a wellbeing conversation to ask appropriate questions to encourage dialogue. During the conversation, as the Line Manager you can discuss possible reasonable adjustments and/or signpost to the internal resources. If you are in doubt, seek the support of an HR Advisor.



### 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 they are not alone. There is a Long COVID Informal Staff Support Group, please contact [Claire Biggar](#) for additional information.

[Intranet Health & Wellbeing Home Page](#)