

# Depression and the pandemic – a deep dive

30th September 2020

The COVID-19 pandemic has brought many challenges with it. Between isolation, rapid changes and uncertainties, this led to a rapid increase of people suffering from depression or depression symptoms.

In this microsite, explore the relationship between the pandemic and depression through four pillars of wellbeing: mental, social, physical and financial.



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[COVID-19 and depression \(Article\)](#)



Depressi

[on and the pandemic: how physical activity can help \(Infographic\)](#)

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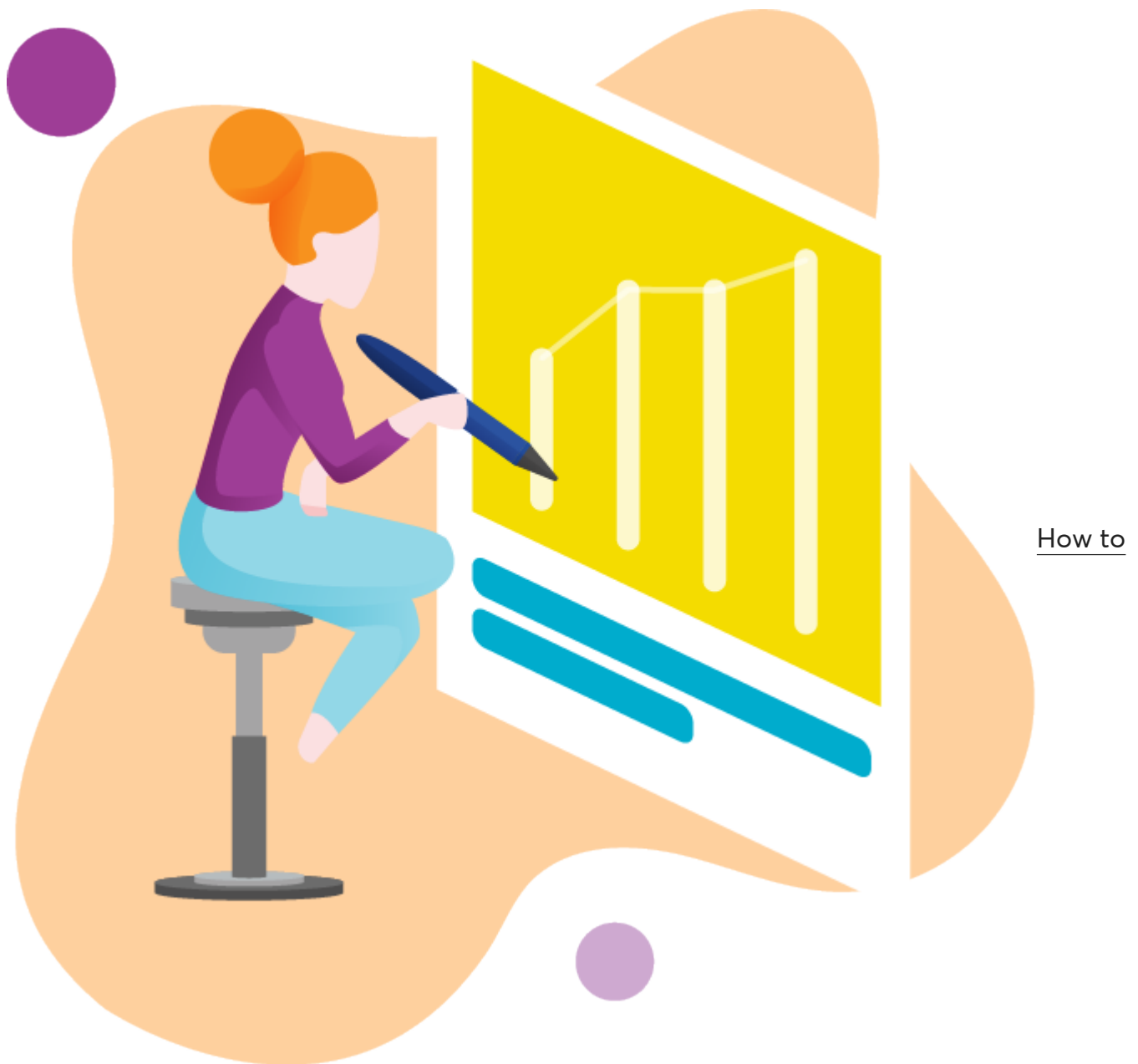
[Loneliness and the pandemic \(Video\)](#)

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How to

[deal with financial insecurity and debt stress \(Article\)](#)

## Additional support

Counsellors are available at all times to help you take care of yourself and your family in these difficult times. Visit your EAP website to get the support you need.

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[LifeWorks Platform](#)

[Workhealthlife.com](#)

Support your team with trainings! [Explore our Mental Health Programs for employees and managers.](#)

## Support your relatives & share the microsite

Everybody needs a little more help than usual to navigate these uncertain times and maintain their wellbeing. Share this new microsite with your colleagues and loved ones using the resources below.


- Click on the Facebook, LinkedIn and Twitter logos at the bottom of each part of the microsite to share them with your network.
- [Download the poster](#)
- Button for intranet use (shown below)—To download the button, right-click on the image below and select “Save image as...” from the pop-up menu. When adding the button to your site, simply program the microsite URL (<https://wellbeing.lifeworks.com/uk/newsletter-content/depression-and-pandemic/>) as the button click-through destination.

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**Now live!**

**Depression and the pandemic -  
a deep dive**

A special microsite from your EAP for World  
Mental Health Day



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