

# It's good to talk

## Mental Health at Work During the COVID-19 Pandemic

It's good to talk



[www.usdaw.org.uk/mentalhealth](http://www.usdaw.org.uk/mentalhealth)

#ItsGoodToTalk

The last few months have been incredibly challenging and we have all felt worried and confused at times. The Coronavirus crisis is not just a physical health issue but a mental health one as well.

Usdaw would like to make sure that our reps and members are getting the support they need to look after their own mental health during these difficult times. To do this we would like to find out more about how our reps and members feel the crisis has affected their mental health.

Could you spare a few minutes to answer the questions below? You do not have to give any personal details – the only reason we ask what company you work for is to help us persuade employers that they need to do more to support their staff, if we can show that there is an issue in that company. However, you can leave this blank if you prefer.

Thank you very much.

### 1. What is your gender?

Male

Female

Another gender identity

### 2. What age group are you?

16-24

25-34

35-44

45-54

55+

### 3. How would you describe your ethnic group or background?

Black

Asian

White

Black/Black British

Asian/Asian British

White British

African/Caribbean

Pakistani

Irish

Any other Black background

Bangladeshi

White European

Indian

Any other White background

Chinese

Any other Asian background

### 4. Do you work in any of the following?

Retail Store Food

Retail Store Non-Food

Online Delivery Driver

Warehouse & Distribution

Food Manufacturing

Pharmacy

Call Centre

Road Transport

### 5. Do you feel anxious about going into work at present?

Yes

No

I am not currently working

#### If 'Yes' what issues are causing you to feel anxious?

Abuse from customers

Fears of contracting the virus

Lack of adequate social distancing

Working hours

Financial worries

Other (please explain)

*Usdaw*  
Union of Shop, Distributive and Allied Workers



6. On average, how many hours a week do you work?

0-8  9-16  17-24  25-34  35 and over

7. Are you an Usdaw rep?

Yes  No

8. Prior to the Coronavirus crisis, have you ever experienced anxiety, depression or another mental health problem?

Yes  No  Don't know

9. Do you feel the Coronavirus crisis has negatively affected your mental health?

Yes  No

10. On a scale of 1 – 5 how safe do you feel at work right now? (Circle as appropriate)

Very Safe 1 2 3 4 5 Very Unsafe

11. During the Coronavirus crisis have you raised concerns about your mental health with any of the following?

(Tick all that apply)

Your manager/employer  Your union rep  A colleague

A friend or family member  Your partner  Your GP

If yes, did this help at all? Yes  No  Don't know

12. Has your mood changed at work during the current crisis?

I have felt lower than usual  I have felt up and down   
I have felt about the same  I have felt more positive than usual

13. What company do you work for? \_\_\_\_\_

14. Do you have any additional comments?  
\_\_\_\_\_  
\_\_\_\_\_

15. Are you an Usdaw member? Yes  No

16. If not, would you like to join? Yes  No

If yes, you can fill out a membership form, or join online at: [www.usdaw.org.uk/join](http://www.usdaw.org.uk/join)

On completion just write FREEPOST USDRAW on the envelope and put it in the post.

For more information about Usdaw's It's good to talk Mental Health Awareness Workplace Campaign, go to: [www.usdaw.org.uk/MentalHealthCampaign](http://www.usdaw.org.uk/MentalHealthCampaign)

**U***sdaw*

**C**ampaigning  
**F**or Equality

The data you are providing us will be used for statistical purposes in supporting our campaign. This is in pursuit of the Union's legitimate activities stated in the Objects in the Rule Book and in order to fulfil our contractual obligations to you as a member. This processing involves your personal data and special personal data. The data that we collect about you here will be stored securely. The survey responses will be retained for the duration of the campaign and the membership record will be retained for the duration of your membership plus 20 years in line with our membership record retention schedule. For further information visit [www.usdaw.org.uk/privacy](http://www.usdaw.org.uk/privacy)

**U***sdaw*  
*Union of Shop, Distributive  
and Allied Workers*

