

FOR PSA MEMBERS: *GENERAL 11/2020*

20-04-2020

## COVID-19: PSA assistance at hand

In view of the negative social and economic impact of COVID-19, it is well expected that most members and their families are experiencing stressful times. Members whose spouses or immediate families who do not have an income owing to the lockdown will have to explore alternatives to maintain their households and provide basic necessities.

The PSA, as part of the Union's services to members and its initiatives to mitigate the impact of COVID-19 on members, will through its Provincial Offices assist members and their immediate families with completing application forms for UIF and the SASSA Social Distress Fund to ensure the applicants submit correctly completed forms. Although it remains the applicant's responsibility to submit completed forms and liaise with the UIF and SASSA in this regard, PSA Provincial Offices can assist with related enquiries.

The World Health Organisation (WHO) has highlighted the importance of encouraging mental and psychological well-being during the COVID-19 outbreak, stressing "this is not going to be a sprint, but a marathon". Here are some helpful tips in to reduce stress during the lockdown:

- Maintain a daily routine;
- Obtain information from credible news sources;
- Acknowledge your feelings and focus on things you can control;
- Find things to keep you busy (whether it is constructive or creative) to help lift your mood;
- Stay connected with your loved ones via phone or social media; and
- Where possible, do physical exercise.

Members are encouraged to get in contact with their employer's health and wellness champions and make use of such services should they feel that they are not able to cope with the current situation. Should any assistance be required in this regard, members can contact their PSA Povincial Offices , send enquiries to [ask@psa.co.za](mailto:ask@psa.co.za)

GENERAL MANAGER