Information Sources

Below you will find some useful links and resources relating to Business, Covid-19 Health and Mental Health from Government departments and others.

Business Supports

Dep of Business Enterprise and Innovation
Support Call Centre – for information on supports available to businesses and enterprises affected by COVID19 see: Department of Business, Enterprise and Innovation - DBEI
Call 01 631 2002
Email: infobusinesssupport@dbei.gov.ie

Ibec COVID-19 Hub: advice for employers
Recording of the Ibec OHS team asking Dr. Deirdre Gleeson, a well-known and respected occupational physician, some of the most commonly asked questions that occupational health can help with during the COVID-19 crisis. https://bit.ly/3bI6gpf

Business Link Up – Opportunity to donate goods or services Since COVID19 arrived, businesses have been contacting government bodies to offer to supply or donate goods and services. The government is creating a central database of these offers on behalf of the whole of the public service, including the HSE. Goods and services required by the health services are currently a priority but this may change as the situation develops. Businesses already supplying goods or services to the government, you do not need to do anything as normal arrangements will apply. https://bit.ly/2UUv9r9

National Standards Authority Ireland (NSAI)
COVID19 Workplace Protection and Improvement Guide from the NSAI consolidates practical guidance that is available on how to manage business continuity during the COVID19 pandemic, in relation to workers and the public NSAI Workplace Protection and Improvement Guide There is also one for the Retail Sector NSAI Retail Protection and Improvement Guide

European Agency for Occupational Safety and Health at Work (EU-OSHA)
Practical tools and guidance on musculoskeletal disorders:

An easy-to-use database from EU-OSHA which includes a variety of practical tools and guidance materials developed at EU and national levels to help manage MSD (Musculoskeletal Disorder) risks during the COVID-19 pandemic.

The variety of resources is quite comprehensive and includes guidance material for a wide range of sectors, hazard types and prevention measures. Some are specifically aimed at particular groups, i.e., employers, workers or managers or particular groups of workers.

[Tools and guidance on musculoskeletal disorders - EU-OSHA](#)

COVID19: Back to the Workplace

Adapting workplaces and protecting workers:

New EU-OSHA publication which includes non-binding guidelines that aim to help employers and workers to stay safe and healthy in a working environment that has changed significantly because of the COVID-19 pandemic.

They give advice on risk assessment and appropriate measures such as minimising exposure, resuming work, coping with absences and managing workers working from home.

Workers' involvement and taking care of those who have been ill is also included as well as information and further links for many sectors, occupations and countries.

[Adapting workplaces and protecting workers EU-OSHA](#)

Childcare settings

Sector specific safety requirements that have been drafted by the Department of Children and Youth affairs were published on June 2 2020. See the following link for more information: [Gov.ie - COVID-19 Guidance for childcare settings childcare](#)

Failte Ireland

Fáilte Ireland publishes operational guidelines with industry groups for the safe re-opening and rebuilding of the tourism and hospitality industry on June 9, 2020

[Fáilte Ireland Operational guidelines for various sectors](#)

Updates on Covid-19 Health Specific

For the most up to date information and developments regarding coronavirus (COVID19), see the Department of Health's dedicated COVID-19 resource page where advice and guidelines will be published here and updated daily.[Gov.ie - COVID-19 (Coronavirus)](#)

Health Service Executive (HSE)

For health information and updates on COVID-19 please visit the HSE's dedicated COVID-19 web portal: [Coronavirus - HSE.ie](#)

Department of Health and HSE posters and resource pages

Information posters, leaflets and social media assets are available for download from the HSE and Department of Health websites. This material includes very useful, visual information on how to prevent COVID-19, symptoms, social distancing, hand hygiene etc., and is regularly updated. Most of this material is available in several languages.

Dep. of Health Posters for Public Use

HSE posters and resources

Coronavirus (COVID-19) posters and resources - HSE.ie

Occupational Health and Safety Helpline

For information on workplace health and safety contact the Occupational Health and Safety Helpline on Tel: 1890 289 389 or (01) 614 7000.

Email: wcu@hsa.ie (Workplace Contact Unit)

Health and Safety Authority (HSA)

The HSA has useful resources available: COVID-19 - Health and Safety Authority

Health Protection Surveillance Centre (HPSC)

Advice for the general public and for specific groups and settings including employers, healthcare professionals, education settings and religious settings.

 Health Protection Surveillance Centre Information

Employers & Employees Guidance - Health Protection Surveillance Centre

European Centre for Disease Control, ECDC

Using face masks in the community: Information (infographic) on reducing COVID-19 transmission from potentially asymptomatic or pre-symptomatic people through the use of face mask from the ECDC.

Infographic: Using face masks in the communityECDC information on COVID-19

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Tools and guidance on musculoskeletal disorders - EU-OSHA

Mental Health Services

Mental Health Ireland - Minding our Mental Health during COVID-19
Mental Health Ireland has lots of great resources on its website to help get through this challenging time. It includes great information on supporting ourselves, supporting others, tips and coping strategies and also service and support lines.
Mental Health Ireland- Supporting Ourselves

**HSE Mental Health Text Support – Launched June 2020
A new text based mental health service funded by the HSE has been launched…..
50808 is a Free text service available 24/7 to provide everything from a calming chat to immediate support for people going through a mental health or emotional crisis. Fully trained Crisis Volunteers are available 24/7 for anonymous, supportive text conversations. Text TALK to 50808 to begin

In This Together – Campaign launched by the Irish Government with tips on how you can look after your **mental wellbeing, stay active** and **stay connected**

Healthy Ireland - Healthy Ireland is a government-led initiative aimed at improving the health and wellbeing of everyone living in Ireland.

Mental Health Ireland - At Mental Health Ireland, our aim is to promote positive mental health and wellbeing for all individuals and communities and to support people with lived experience of mental health challenges in their recovery, bringing practical expression to national policy objectives.

Samaritans - Round the clock support for people in need; whether your situation is urgent or you just need someone to talk to. You can also contact them if you are worried about a friend and you don't have to be over 18. Calls are confidential and you don't have to give personal details if you don't want to. Call 116 123.

Aware- A nationwide organization that provides education, information and support for people dealing with depression or bipolar disorder in Ireland. They provide emotional and practical support through their helpline, which is open Monday to Sunday from 10am to 10pm.

Grow is a mental health organization in Ireland. It helps people who have suffered or are suffering from mental health problems.

Shine aims to empower people with mental health issues and their families by offering support, information and education.

Pieta House is a non-profit organization providing treatment for those experiencing suicidal thoughts or self-harm. They also operate the Suicide Bereavement Counselling centers to provide free counselling, therapy and support to those who have been affected by suicide.

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