

Supporting your wellbeing during the coronavirus outbreak

We know that the current situation is creating feelings of stress and isolation, which can affect the mental health of you, your colleagues and employees. That's why we're providing tips and information on what you can do to look after your wellbeing.

Support for Employers and Businesses

- If you or your employees need support on your mental health and wellbeing there are number of [helplines and support groups available](#)
- If you need financial support for your business you can speak to us via chat available on [santander.co.uk](#) and your mobile app, or reach out to your local relationship team.
- You can find information on the whole range of financial support that the Government is offering at the [COVID-19: guidance for employees, employers and businesses page](#)
- Or if you're looking for general support, the Government has provided guidance to help both [employers and businesses](#)
- If you're worried about money, for advice and guidance on what debt solutions could be available to you visit [businessdebtline.org](#)

Things you can do at home to help manage your wellbeing



Connect with people

With so many digital options available, make time to keep in contact with friends, family and colleagues to maintain those healthy relationships.



Keep a routine

Try to follow your usual routine, waking up and going to sleep at the same time. If you're able to work from home, set up clear working space to help you work remotely.

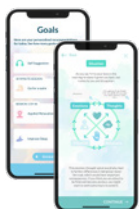


Make time for yourself

Make sure you take regular breaks when working from home and eat regular healthy meals. Try to keep as active as possible - you could go for a walk, try a home-based workout or practice meditation.



We know that your wellbeing is important, that's why we're working with our partner Thrive to bring you access to their NHS approved mental wellbeing app.



Download by searching **Thrive: Mental Wellbeing** on your app store, and use the code WELLBEINGSME20 during sign up to receive three months free access over the period 9 April to 9 July 2020. You can continue to subscribe to the app after the three month period by contacting Thrive directly.

These memberships are provided by our partner Thrive on a first come first serve basis, once all 1,000 memberships have been fulfilled you will need to contact Thrive directly for additional support.