



#CCMA COMMUNITY CHAT

**Supporting the Mental Health of
Your Team During Covid 19 and
Planning for a Phased Return to
the Workplace**

Dr Shane Farrelly, CEO SomarMed

21 April 2020



CCMA IRELAND – COMMUNITY CHAT

USEFUL LINKS

- ▶ [An overview of the current status of COVID-19 in Ireland](#)
- ▶ [Outline the WHO criteria the HSE will consider to relax some of the current restrictions](#)
- ▶ [Identifying mental health concerns amongst your team](#)
- ▶ [Struggling with stress](#)
- ▶ [Protecting your mental health](#)

DR SHANE FARRELLY SOMARMED



Shane is a medical doctor and has 30 years' experience as an expert in International Occupational Medicine. He is the CEO and Medical Director of SomarMed. As a consultant to a number of International Companies he provides guidance to their Corporate Health Departments in the design and implementation of Global Occupational Health Programmes in Ireland, United Kingdom, Europe, North, Central & South America.

If you have any questions relating to this talk or would like to share any additional insights, please contact him directly:

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SOMARMED

SomarMed is a global occupational health consultancy service

Our European office is in Portugal, Rua dos Jacarandas, Lote 15, Azeitao

SomarMed's Dublin clinic is at Grafton Street Medical, 34 Grafton Street, Dublin 2

Dr. Shane Farrelly is the CEO and Medical Director

The logo for Somar Med Occupational Health Services. It features the word "Somar" in a bold, black, sans-serif font, followed by a stylized cross symbol where the vertical bar is green and the horizontal bars are black. To the right of the cross is the word "Med" in the same bold, black, sans-serif font. Below this, the words "OCCUPATIONAL HEALTH SERVICES" are written in a smaller, all-caps, black, sans-serif font. The entire logo is contained within a white rectangular box with rounded corners and a slight drop shadow.

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