

## AXA Asia launches resources for COVID-19 management

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**The signature guide is titled "Supporting Mental Health of Employees During and Beyond COVID-19"**

AXA, serving customers across seven fast-growing markets including Hong Kong, mainland China, Japan, South Korea, the Philippines, Thailand, and Indonesia has launched a free in-depth resource to guide companies in safeguarding their employees' mental health as they return to work amid the easing of the COVID-19 pandemic in the region, co-authored with Columbia University WHO Center for Global Mental Health.

Businesses and working practices have been reshaped by the recent crisis and the guide offers practical advice for workplace leaders and HR teams on how to ensure staff feel supported during this period and beyond. It also enables them to make the most of this unique opportunity to proactively address the longstanding issue of mental well-being in the workplace.

AXA believes that companies play a crucial role in promoting well-being in the community, not just through products and services but also more broadly through their employee policies. This challenge is also a win-win for employers, as a workforce that is healthy, both physically and mentally, is a more productive one.

The signature guide is titled "Supporting Mental Health of Employees During and Beyond COVID-19". It focuses on how to support mental health among employees, including expected concerns, likely stressors, the role of effective leadership in addressing mental health, and guidance for managers on how to talk to team members who may be experiencing mental stress.

AXA has also produced a second free resource, "Return to Workplace Practical Guide During and Beyond COVID-19", which provides a complementary overview spanning best practice. This includes workplace management, mental health advice, practical tips, answers to common questions, and exercises to maintain physical health at work.