



**THE SECRETARY-GENERAL**

23 March 2020

Dear Colleagues,

The unprecedented challenges we face due to the coronavirus disease, COVID-19, have already turned many of our lives upside down.

The United Nations is continuing to support all efforts to prevent the spread of the virus and to mitigate its enormous social and economic impact. At the same time, wherever we are and whatever our living situation is, we are all dealing with stress, uncertainty and anxiety. Many of us are adapting to restrictions on our movement, while coping with increased family responsibilities or separation from loved ones. While our physical health may be uppermost in our minds, we cannot ignore the impact of these changes on our mental health.

I am therefore attaching to this letter some resources based on best practice across our United Nations family, to help all United Nations personnel and our families to get through this crisis together. I also invite you to visit the dedicated webpage on wellness advice during COVID-19: <https://www.un.org/en/coronavirus/wellness>, and I encourage you to make use of the psychosocial resources posted online.

I urge all managers and personnel to continue to communicate openly, to show understanding and care, and to change your ways of working to accommodate the impact of this virus on your team members and their families. I have already been impressed by the speed with which teams have pulled together and adapted to these difficult circumstances.

My message is: be safe, be smart, be kind. Look after yourself and your family; keep informed by following advice from trusted sources including the World Health Organization; and help others.

All United Nations Staff Members

We may be physically distanced, but we must be closer than ever. Our social and professional bonds must be strong and solid. Please reach out to each other and stay connected by phone, email, professional platforms and social media. That is how we will get through this crisis, together.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'António Guterres', written in a cursive style.

António Guterres