Dear OPSIG Members,

**Occupational Psychiatry SIG Newsletter: May 2021**

We have all missed being able to meet with you at our live occupational psychiatry events. At the same time, it has been enlightening to see how webinars have proven to be a reasonable substitute for face-to-face teaching in many cases. With RCPsych events being recorded and archived, there is also the opportunity to watch and re-watch teaching events at one’s leisure.

Many working patterns have been dramatically altered in the wake of COVID-19 social distancing measures. This break from traditional working arrangements gives us all an opportunity to reconsider the idea of healthy working and to implement these principles before working patterns shift once again as, hopefully, social distancing measures are lifted. The Society for Occupational Medicine considered this in a webinar for Mental Health Awareness Week, hosted [here](https://www.som.org.uk/mental-health-awareness-week-2021). The webinar contains links to resources that will help employers safeguard the mental health of their workforce.

Sticking with the returning to work theme, OPSIG held an online event in which we discussed health anxiety within the context of returning to work post-covid. A recording of the event can be found [here](https://www.youtube.com/watch?v=Hoc6dtwZ0zU). The session explored anxiety about returning to a physical workplace, how to address this anxiety and what to consider when assessing an anxious employee’s fitness to return to the workplace.

Moving on from pesky viruses, we invited former Scotland Yard detective and security specialist Philip Grindell to speak on the subject of death threats. The webinar is found [here](https://www.youtube.com/watch?v=XuSk0qhjjBM) and should be of interest to anybody working with patients who have been threatened or harassed as a result of their occupation. Psychiatrists can also, sadly, fall into this threatened and harassed group on occasion.

Details regarding future and past occupational psychiatry events can be found on our [RCPsych webpage](https://www.rcpsych.ac.uk/members/special-interest-groups/occupational-psychiatry/about-the-occupational-psychiatry-special-interest-group). We will also announce future events on our Twitter feed (@RCPsychOHSIG). We very much look forward to meeting with you in person, hopefully soon.

Prof Neil Greenberg on behalf of the Occupational Psychiatry SIG Executive Committee