Local Lockdowns:
Social distancing and self-isolation

8 STEPS to supporting **COMPLIANCE & MENTAL HEALTH**

Residents know exactly **WHAT TO DO** and are **CONFIDENT** they can do it

Residents receive regular, **OPEN COMMUNICATION** from a trusted source

Residents have access to **MENTAL** support and services — **HEALTH**

Residents are **MOTIVATED** to change their behaviour and maintain the changes

Residents have access to **ESSENTIAL GOODS,** services, and practical support

Residents belonging to **VULNERABLE** groups are identified **&** their specific needs considered

Residents are **EMPOWERED** to help themselves

Residents can socially **CONNECT/ENGAGE** with others

These evidence-informed recommendations are supported by a review of the literature.
For a series of full recommendations and guidance on how to achieve this, **click here**

Hertfordshire