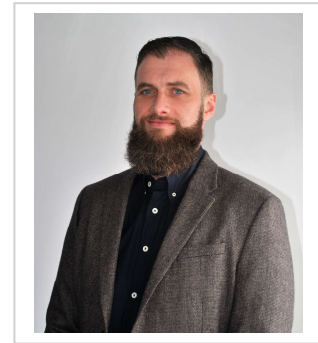


Are you ok?

Last year I wrote a piece on mental health for *The Archaeologist* 107, page 4 (www.archaeologists.net/publications/archaeologist), describing my own experiences within archaeology and the impact upon my own mental wellbeing.



Although 'good' mental health is imperative at any time of the year, it's now more pertinent than ever. It's not just the uncertainty surrounding archaeology and associated industries, but the anxiety and stress surrounding the current Coronavirus situation and the social isolation that many of us will have to endure.

This stress and anxiety is felt not just amongst field staff, but throughout all levels of our industry. This is the point that we can all pull together professionally, but most importantly, personally. We need to help each through the current situation, even if it's simply asking, 'Are you ok?'. Those three words could start a conversation that will change someone's mindset, maybe even getting them out of a 'funk' or perhaps even save a life.

Just because people don't 'act' depressed, it doesn't mean they're not. Even people who are smiling on the outside could be hurting on the inside. Be kind to each other, say 'hi', ask how someone is, text each other, call each other. Please just keep talking.

Many of you probably don't know me, but please don't let this stop you from contacting me. If you need someone to talk to, I'm always here. It might be that day I need someone to talk to as well, so you could be saving my life too....

Craig Huddart, Technical Director – Archaeology, Wardell Armstrong LLP

chuddart@wardell-armstrong.com