

SOUTH EASTERN NSW MENTAL HEALTH STAFF WELLBEING

Thank you to those across the Region in public, private and not-for-profit sectors that have been working to support the mental health and wellbeing of our communities through COVID 19, bushfires and floods.

Being in a helping job comes with its expectations and we want to ensure you are also taking time to remember the simple strategies you tell the people you are working with every day:



The below list may assist you to keep your own mental health on track.

SELF HELP SUPPORTS

David Younger: a Clinical and Consultant Psychologist with over ten years mental health experience has recorded four videos for staff on topics included resiliency building, and the role of community in recovery, self-care, and trauma recovery. You can access the 5 minute videos [here](#).

CRANApplus: has a series of [podcasts](#) to support mental health of health professionals on topics such as sleeping well, resilience and staying well as rural health professionals. They also have webinars such as [health, wellbeing and self-care strategies for health care professionals in drought and bushfire affected communities](#).

Black Dog Institute: have created options to help healthcare workers find resources and support to manage burnout and maintain good mental health. Visit [TEN – The Essential Network for Health Professionals](#).

Head to Health: visit www.headtohealth.gov.au for online support and resources from some of Australia's most trusted mental health organisations. This includes apps, online programs, online forums and phone services.



PROFESSIONAL RESILIENCE COURSES

Blue Knot: are offering a free online webinar series on Building Trauma Awareness, Managing Wellbeing and Emotional Awareness and Safety and Connection. These courses are designed to provide information on understanding trauma and its impacts and to offer space for professionals to self-reflect on wellbeing. Register online [here](#).

CRANA Plus: can tailor specific [workshops](#) in your area to support the social and emotional wellbeing of for Health Professionals in areas affected by drought and bushfires. They also provide a range of [webinars](#) and mental health and wellbeing resources.

Phoenix Australia Centre for Posttraumatic Mental Health: are providing free online training on Trauma-informed Care, Psychological First Aid and Supporting Individuals after a Disaster. These courses are designed for a range of professionals who work in community / mental health or general practice settings. Register online [here](#).

COUNSELLING OPTIONS

Check whether you have a free **Employee Assistance Program** (EAP) available at your work.

Speak with your general practitioner to be linked with a private practitioner or self-refer to one of COORDINARE's [local mental health providers](#).

PEER NETWORKS

The **Mental Health Professionals' Network** gives practitioners the opportunity to participate in interdisciplinary programs, practitioner networks and free online professional development webinars and podcasts. These include Self-Care: How to be a sustainable practitioner. Find and join a network [here](#).

CRISIS HELPLINES

CRANA Plus provides free confidential 24/7 telephone psychological support for all rural and remote health workers and their families. Call **1800 805 391**.

Click [here](#) for a comprehensive list of 24-hour helplines or contact **Lifeline on 13 11 14** if you need immediate assistance.

[Life doesn't always go according to plan](#). Working in a mental health setting does not protect you. Mental health concerns can happen to anyone. Reach out, at any time.

For further information contact info@coordinare.org.au.