

Maintaining Good Mental Health for Administration Staff in Primary Care

Working within the health sector during the COVID-19 pandemic can be challenging; You are not only serving the community, but you are also trying to stay healthy, while often worrying about the health of family and friends.

It is important to monitor your mental health and understand what you can do to help you stay mentally resilient during these unprecedented times.

Mental Resilience & Prevention

- Maintain a healthy life style: keep active, eat well, stay connected
- Practice practical psychological tips for frontline staff see www.mindspot.org.au

Early Intervention & Low Intensity Support

Access digital and telephone support via:

- **Head to Health:** online portal brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources and is provided by the Australian Department of Health. www.headtohealth.gov.au
- **Coronavirus Mental Wellbeing Support Service** Phone 1800 512 348 www.coronavirus.beyondblue.org.au

- **The Essential Network (Ten)**

Dedicated resources and support for frontline health workers www.BlackDogInstitute.org.au/ten

Moderate Intensity Support

For short term support related to the impacts of COVID-19

- **Mental Health Support Service for Gold Coast Administration Staff in Primary Care**
3 sessions of structured psychological therapy via video conference or telephone

To access this service, call Primary and Community Care Services at 07 3186 4000 and state that you are calling for the Mental Health Support Service for Gold Coast Administration Staff in Primary Care

- **Employee Assistance Programs**

For ongoing support, psychological therapy is available via the Better Access Initiative (MBS)



Remember that helpers need help too and it is okay to seek support if you require support.

For more information on local mental health service options, visit www.gcphn.org.au