

# 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](http://www.mindspot.org.au)
- **Smiling Mind** provides frontline health workers with free access to their premium App which offers practical tools to support good mental health. [www.smilingmind.com.au/healthcare-worker-program](http://www.smilingmind.com.au/healthcare-worker-program)

## Early Intervention & Low Intensity Support

Access digital and telephone support via:

- **Hand-n-Hand Peer Support (HnH):** HnH is a free pre-clinical service for all healthcare workers (doctors, nurses, allied health and non-clinical staff) and does not involve any medical or psychiatric treatment, but rather is based on peer support and mentoring.

Register your interest online, request to join their closed Facebook group at [www.facebook.com/groups/handhandau](https://www.facebook.com/groups/handhandau) or email [handnhandAU@gmail.com](mailto:handnhandAU@gmail.com) for more information.

- **The Essential Network (Ten)** Dedicated resources and support for frontline health workers [www.BlackDogInstitute.org.au/ten](http://www.BlackDogInstitute.org.au/ten)

## Moderate Intensity Support

- Employee Assistance Programs
- For ongoing support, psychological therapy is available via the **Better Access Initiative (MBS)**

- **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](http://www.headtohealth.gov.au)

- **Coronavirus Mental Wellbeing Support Service:** Phone **1800 512 348** [www.coronavirus.beyondblue.org.au](http://www.coronavirus.beyondblue.org.au)



**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](http://www.gcphn.org.au)**