

## Health and Wellbeing Resource Toolkit

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Element	Sub-element	Activity	Source & Link
<b>Aboriginal and Torres Strait Islander (ATSI) people</b>	ATSI health	Resources to promote the health of ATSI colleagues	<ul style="list-style-type: none"> <li> <b>CATSINaM</b>            The peak body representing Aboriginal and Torres Strait Islander nurses and midwives across Australia, but we are also Aboriginal and Torres Strait Islander Peoples before we are nurses. This means we are on a lifelong journey together to fulfill our cultural obligations and commitments to our communities, families and ourselves. We are also experts in our own health, and as such, we need to work together to make sure we determine our own future and create positive change for our Peoples when accessing health services.  <a href="https://www.catsinam.org.au/">https://www.catsinam.org.au/</a> </li> <li> <b>Aboriginal Health &amp; Medical Research Council of NSW</b>            Self-care Toolkit - A healthy happy mob, means a well done job  <a href="https://crana.org.au/uploads/images/AHMRC-Self-Care-Toolkit.pdf">https://crana.org.au/uploads/images/AHMRC-Self-Care-Toolkit.pdf</a> </li> <li> <b>Beyond Blue</b>            An Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.  <a href="https://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people">https://www.beyondblue.org.au/who-does-it-affect/aboriginal-and-torres-strait-islander-people</a> </li> </ul>

			<ul style="list-style-type: none"> <li>• Cultural Considerations in Healthcare <a href="https://www.ausmed.com.au/cpd/articles/cultural-considerations-in-healthcare">https://www.ausmed.com.au/cpd/articles/cultural-considerations-in-healthcare</a></li> </ul>
<b>Alcohol &amp; other drugs (AOD)</b>	AOD resources	Resources and links to assist with AOD issues	<ul style="list-style-type: none"> <li>• <b>Nursing and Midwifery Health Program Victoria</b> Podcast series, 'Conversations that Connect' Episode 1: Keys to a nurse or midwife thriving in recovery from their alcohol or other drug (AOD) addiction (a personal story) <a href="http://nmhp.org.au/podcast-e1.html">http://nmhp.org.au/podcast-e1.html</a></li> <li>• <b>Beyond Blue</b> Managing your alcohol intake during the coronavirus pandemic. <a href="https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/managing-your-alcohol-intake.html">https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/managing-your-alcohol-intake.html</a>  Drinking to cope: Cody's story. A personal account from Cody details his journey with alcohol and how he is coping with the challenges presented by the COVID-19 pandemic. <a href="https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/drinking-to-cope-codys-story.html">https://coronavirus.beyondblue.org.au/managing-my-daily-life/coping-with-isolation-and-being-at-home/drinking-to-cope-codys-story.html</a></li> <li>• Motivational Interviewing <a href="https://www.ausmed.com.au/cpd/articles/motivational-interviewing">https://www.ausmed.com.au/cpd/articles/motivational-interviewing</a></li> </ul>
	Family support services	Support for people with family members with AOD issues	<ul style="list-style-type: none"> <li>• <b>Self Help Addiction Resource Centre (SHARC)</b> Provides opportunities for individuals, families and communities affected by addiction and related problems to recover and achieve meaningful, satisfying and contributing lives. It provides models of practice for family support, consumer participation and peer based recovery support; and influence practice in the field of addiction and other related health domains. <a href="https://www.sharc.org.au/">https://www.sharc.org.au/</a></li> </ul>
	Treatment services	AOD treatment services	<ul style="list-style-type: none"> <li>• <b>Nursing and Midwifery Health Program Victoria</b> A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></li> <li>• <b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential</li> </ul>

			<p>advice and referral. <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></p> <ul style="list-style-type: none"> <li> <b>DirectLine</b>            A key component of Victoria's state-wide alcohol and drug network. It complements the network of treatment and support services in the community through the provision of multiple, immediate responses to people affected by alcohol and drug issues.  <a href="https://www.directline.org.au/">https://www.directline.org.au/</a> </li> <li> <b>Quit</b>            A ministerial review of health promotion had identified tobacco as the number one health priority in Victoria. Quit was established by the Minister for Health and Cancer Council Victoria. Our steering committee comprised the Health Department Victoria and Cancer Council Victoria, joined later by the National Heart Foundation of Australia (Victorian Division). This committee also advised the Minister for Health on policy and legislation to reduce the prevalence of smoking in Victoria.  <a href="https://www.quit.org.au/">https://www.quit.org.au/</a> </li> </ul>
<b>Apps</b>	Apps	Apps for download to smartphones	<ul style="list-style-type: none"> <li> <b>Smiling Mind</b>            App-based mindfulness program for busy healthcare workers  <a href="https://www.smilingmind.com.au/healthcare-worker-program">https://www.smilingmind.com.au/healthcare-worker-program</a> </li> <li> <b>HeadGear</b>            Free app that guides you through a 30–day mental fitness challenge, including mindfulness tasks and exercises.  <a href="https://www.vichealth.vic.gov.au/media-and-resources/vichealth-apps/healthy-living-apps/headgear">https://www.vichealth.vic.gov.au/media-and-resources/vichealth-apps/healthy-living-apps/headgear</a> </li> <li> <b>Insight Timer</b>            App and online community featuring guided meditations, music and talks.  <a href="https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/">https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/</a> </li> <li> <b>Treat</b>            Unique app to help you find calm, clarity and balance during your busy working day. Made for health professionals by health professionals.  <a href="https://www.treathealthcare.com.au/">https://www.treathealthcare.com.au/</a> </li> </ul>

			<ul style="list-style-type: none"> <li>● <b>Black Dog Institute</b> TEN connects health workers to a network of essential resources and support to manage stress and maintain good mental health. <a href="https://www.blackdoginstitute.org.au/ten/">https://www.blackdoginstitute.org.au/ten/</a></li> <li>● <b>Headspace</b> App that will teach you the life-changing skills of meditation and mindfulness in just a few minutes a day. <a href="https://www.headspace.com/headspace-meditation-app">https://www.headspace.com/headspace-meditation-app</a></li> <li>● <b>Daisy</b> Free app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area. <a href="https://www.1800respect.org.au/daisy/">https://www.1800respect.org.au/daisy/</a></li> </ul>
<b>Books</b>	Books	Books written by nurses for nurses	<ul style="list-style-type: none"> <li>● Bring Back the ART of Nursing: Reconnect to Your Nurse Within by Elizabeth Scala</li> <li>● Inspiring the Inspirational: Words of Hope from Nurses to Nurses by Sue Heacock</li> <li>● The Everything New Nurse Book: Gain Confidence, Manage Your Schedule, And Deal With the Unexpected by Kathy Quan</li> <li>● The Nurse's Story by Carol Gino</li> <li>● The Ultimate Career Guide for Nurses: Practical Advice for Thriving at Every Stage of Your Career by Donna Wilk Cardillo</li> </ul>
<b>Bushfires and/or drought</b>	Bushfires and/or drought	Resources to assist with bushfire affected areas	<ul style="list-style-type: none"> <li>● <b>ANMF Vic Branch</b> Assistance to bushfire affected members <a href="https://otr.anmfvic.asn.au/articles/anmf-offers-assistance-to-bushfire-affected-members">https://otr.anmfvic.asn.au/articles/anmf-offers-assistance-to-bushfire-affected-members</a></li> <li>● <b>Beyond Blue</b> The facts about bushfires and mental health <a href="https://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/">https://www.beyondblue.org.au/the-facts/bushfires-and-mental-health/</a>  Beyond Blue launched a New Access service in Gippsland last week; the first site for Victoria and a potential new referral option for your team to support members located in the Gippsland region. New Access will be delivered by <b>Wellways</b> on behalf of Gippsland</li> </ul>

			<p>PHN. You might recall New Access is low intensity coaching for people 18+ experiencing mild to moderate anxiety or depression that is access by self-referral. <a href="https://www.wellways.org/our-services/newaccess">https://www.wellways.org/our-services/newaccess</a></p> <ul style="list-style-type: none"> <li>● <b>CRANApus</b> If you're a health professional who has been impacted by drought and bushfires, you may like to check out Mental Health Training, a series of webinars, podcasts and valuable resources to assist you with health, wellbeing and self-care strategies. <a href="https://crana.org.au/">https://crana.org.au/</a></li> <li>● <b>R U OK?</b> The new R U OK? Mateship Manual will help you navigate a conversation with someone who has experienced a natural disaster or emergency. <a href="https://www.ruok.org.au/natural-disaster-and-emergency-mateship-manual">https://www.ruok.org.au/natural-disaster-and-emergency-mateship-manual</a></li> <li>● <b>Head to Health</b> Feeling impacted by the bushfire crisis? Search 'bushfire' to find a wide range of resources. <a href="https://headtohealth.gov.au/search-resources">https://headtohealth.gov.au/search-resources</a></li> <li>● Health experts say fear and worry 'normal' as country responds to bushfire crisis <a href="https://www.abc.net.au/news/2020-01-08/bushfires-worry-and-anxiety-normal-in-recovery-from-disaster/11849380">https://www.abc.net.au/news/2020-01-08/bushfires-worry-and-anxiety-normal-in-recovery-from-disaster/11849380</a></li> </ul>
<p><b>COVID-19 (coronavirus)</b></p>	<p>COVID-19</p>	<p>Resources and links to assist with COVID-19 (coronavirus)</p>	<ul style="list-style-type: none"> <li>● <b>Nursing and Midwifery Health Program Victoria</b> Support for Victorian nurses and midwives at the frontline of the COVID-19 pandemic. <a href="http://www.nmhp.org.au/news-covid-19.html">http://www.nmhp.org.au/news-covid-19.html</a></li> <li>● <b>Nurse &amp; Midwife Support</b> Support for Australian nurses and midwives at the frontline of the COVID-19 pandemic. <a href="https://www.nmsupport.org.au/covid-19-update/">https://www.nmsupport.org.au/covid-19-update/</a></li> </ul> <p>A special edition podcast in which Mark Aitken discusses the prospect of COVID-19 with Mental Health First Aid expert Sam Eddy. They talk about the importance of acknowledging emotional and physical responses to stress when crisis occurs and how to implement strategies in response. <a href="#">Podcast: Dealing with stress during crisis with Sam Eddy</a></p>

			<ul style="list-style-type: none"> <li>● <b>Department of Health and Human Services Victoria</b> Information and advice about coronavirus (COVID-19) including symptoms, travel and what to do to reduce the risk of infection. <a href="https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19">https://www.dhhs.vic.gov.au/victorian-public-coronavirus-disease-covid-19</a></li>   <li>● <b>#TheKindnessPandemic</b> is an Australian-based initiative promoting acts of kindness and is helping people impacted by Coronavirus around the world. <a href="https://www.thekindnesspandemic.org/">https://www.thekindnesspandemic.org/</a> Facebook: <a href="https://www.facebook.com/groups/515507852491119/">https://www.facebook.com/groups/515507852491119/</a> Campaign of Kindness for health care workers <a href="https://www.thekindnesspandemic.org/health-care-workers.html">https://www.thekindnesspandemic.org/health-care-workers.html</a></li>   <li>● <b>FACE COVID – How to Respond Effectively to the Corona Crisis</b> In this brief animation, Dr Russ Harris, author of the international best-seller The Happiness Trap, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Corona crisis and the fear, anxiety and worry that goes with it. <a href="https://www.youtube.com/watch?v=BmvNCdpHUYM">https://www.youtube.com/watch?v=BmvNCdpHUYM</a></li>   <li>● <b>ANMF Vic Branch</b> Important links to the official federal and Victorian health department coronavirus (COVID-19) advice and information. <a href="https://www.anmfvic.asn.au/coronavirus">https://www.anmfvic.asn.au/coronavirus</a> Online resources on COVID-19, to keep you up to date and how it may impact your practice. <a href="https://libguides.anmf.org.au/anmfvic/COVID-19">https://libguides.anmf.org.au/anmfvic/COVID-19</a></li>   <li>● <b>Beyond Blue</b> How to support a healthcare worker during the coronavirus. <a href="https://coronavirus.beyondblue.org.au/impacts-on-my-work/essential-services/how-to-support-a-healthcare-worker-during-the-coronavirus.html">https://coronavirus.beyondblue.org.au/impacts-on-my-work/essential-services/how-to-support-a-healthcare-worker-during-the-coronavirus.html</a> Coronavirus Mental Wellbeing Support Service is regularly updated with information, advice and strategies to help you manage your wellbeing and mental health during this time. For 24/7 counselling with trained mental health professionals, call 1800 512 348. <a href="https://coronavirus.beyondblue.org.au/">https://coronavirus.beyondblue.org.au/</a></li> </ul>
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			<p>across Australia. <a href="https://www.australia.gov.au/">https://www.australia.gov.au/</a></p> <ul style="list-style-type: none"> <li> <b>COVIDSafe app</b>            An Australian app that speeds up contacting people exposed to coronavirus (COVID-19). Downloading the app is completely voluntary.  <a href="https://www.health.gov.au/resources/apps-and-tools/covidsafe-app">https://www.health.gov.au/resources/apps-and-tools/covidsafe-app</a> </li> <li> <b>Worksafe</b>            Minimising the spread of coronavirus (COVID-19): Working from home.  <a href="https://www.worksafe.vic.gov.au/minimising-spread-coronavirus-covid-19-working-home">https://www.worksafe.vic.gov.au/minimising-spread-coronavirus-covid-19-working-home</a> </li> <li>           Coronavirus COVID-19: How to look after your mental health when working from home.  <a href="https://www.abc.net.au/life/coronavirus-covid-19-mental-health-working-from-home-advice/12062284">https://www.abc.net.au/life/coronavirus-covid-19-mental-health-working-from-home-advice/12062284</a> </li> </ul>
<b>Domestic &amp; family violence (D&amp;FV)</b>	D&FV health & safety	Resources to assist with identifying and managing domestic and family violence	<ul style="list-style-type: none"> <li> <b>Domestic Violence Resource Centre Victoria (DVRCV)</b>            A state-wide organisation working to build the capability of professionals, organisations and systems to prevent and respond to violence against women. Everything we do is driven by our vision to create a world where women and their children are thriving, respected and free from violence.  <a href="https://www.dvrcv.org.au/support-services/victorian-services">https://www.dvrcv.org.au/support-services/victorian-services</a> </li> <li> <b>1800RESPECT</b>            A confidential information, counselling and support service. Open 24 hours to support people impacted by sexual assault, domestic or family violence and abuse.  <a href="https://www.1800respect.org.au/">https://www.1800respect.org.au/</a> </li> </ul> <p><b>Daisy App – Connect to local services</b>            Daisy is a free app developed by 1800RESPECT to connect people experiencing violence or abuse to services in their local area.  <a href="https://www.1800respect.org.au/daisy/">https://www.1800respect.org.au/daisy/</a></p> <ul style="list-style-type: none"> <li> <b>Sexual Assault Crisis Line (SACL)</b>            A proactive leader in supporting, advocating and providing a crisis response for people         </li> </ul>

			<p>who have experienced sexual violence. <a href="https://www.sacl.com.au/">https://www.sacl.com.au/</a></p> <ul style="list-style-type: none"> <li> <p><b>Beyond Blue</b> Supporting someone who may be experiencing domestic violence. <a href="https://coronavirus.beyondblue.org.au/i-am-supporting-others/family-and-friends/supporting-someone-who-may-be-experiencing-domestic-violence.html">https://coronavirus.beyondblue.org.au/i-am-supporting-others/family-and-friends/supporting-someone-who-may-be-experiencing-domestic-violence.html</a></p> </li> <li> <p><b>Relationships Australia</b> A not-for-profit relationship support services for individuals, families and communities that offers counselling, family dispute resolution (mediation) and a range of family and community support and education programs. <a href="http://www.relationships.org.au/">http://www.relationships.org.au/</a></p> </li> <li> <p><b>WithRespect</b> A family violence and intimate partner violence support service for LGBTIQ+ communities and their families. <a href="https://www.withrespect.org.au/">https://www.withrespect.org.au/</a></p> </li> <li> <p><b>Nursing and Midwifery Health Program Victoria</b> A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></p> </li> <li> <p><b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral. <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></p> </li> </ul>
<b>Finance</b>	Finance and Superannuation	Resources to assist with managing your finances and super	<ul style="list-style-type: none"> <li> <p><b>Hesta</b> Wellbeing units to help you manage your stress levels and focus on what you love about life. <a href="https://hesta.money101.com.au/wellbeing/">https://hesta.money101.com.au/wellbeing/</a></p> </li> <li> <p><b>First State Super</b> Webinars designed to answer all your superannuation questions and prepare you for a</p> </li> </ul>

			<p>better financial future. <a href="https://firststatesuper.com.au/webinars">https://firststatesuper.com.au/webinars</a></p> <ul style="list-style-type: none"> <li>• Women - Making the Most of Your Finances <a href="https://www.moneysmart.gov.au/life-events-and-you/women">https://www.moneysmart.gov.au/life-events-and-you/women</a></li> <li>• Financial Services – Questions and Answers <a href="https://www.ato.gov.au/Business/GST/In-detail/GST-issues-registers/Financial-services---questions-and-answers/">https://www.ato.gov.au/Business/GST/In-detail/GST-issues-registers/Financial-services---questions-and-answers/</a></li> <li>• Superannuation and Women <a href="https://www.moneysmart.gov.au/life-events-and-you/women/superannuation-and-women">https://www.moneysmart.gov.au/life-events-and-you/women/superannuation-and-women</a></li> <li>• The Facts About Women and Super <a href="https://www.womeninsuper.com.au/content/the-facts-about-women-and-super/gjumzs">https://www.womeninsuper.com.au/content/the-facts-about-women-and-super/gjumzs</a></li> <li>• Your Superannuation Basics <a href="https://www.ato.gov.au/General/Other-languages/In-detail/Information-in-other-languages/Your-superannuation-basics/">https://www.ato.gov.au/General/Other-languages/In-detail/Information-in-other-languages/Your-superannuation-basics/</a></li> <li>• Australian Superannuation <a href="https://www.moneysmart.gov.au/superannuation-and-retirement/how-super-works/australian-superannuation">https://www.moneysmart.gov.au/superannuation-and-retirement/how-super-works/australian-superannuation</a></li> </ul>
LGBTI	LGBTI health	Resources to promote the health of LGBTI colleagues	<ul style="list-style-type: none"> <li>• <b>The Victorian Pride Centre</b> A unique initiative that celebrates, bolsters and protects equality, diversity and inclusion. It is set to forge a new chapter in the narrative of Australian Pride by bringing the LGBTI community together in a single and powerful space. <a href="https://pridecentre.org.au/">https://pridecentre.org.au/</a></li> <li>• <b>WithRespect</b> Resources, tips and advice for LGBTIQ+ people on having and maintaining healthy relationships. <a href="https://www.withrespect.org.au/">https://www.withrespect.org.au/</a></li> <li>• <b>Rainbow Door</b> Free service for all Victorian LGBTIQ+ people, their friends and family during the COVID-</li> </ul>

			<p>19 crisis and beyond. <a href="https://www.rainbowdoor.org.au/about-us">https://www.rainbowdoor.org.au/about-us</a></p> <ul style="list-style-type: none"> <li>● <b>Beyond Blue</b> An Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. <a href="https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people">https://www.beyondblue.org.au/who-does-it-affect/lesbian-gay-bi-trans-and-intersex-lgbti-people</a></li> <li>● 4 Key Actions to Advocate for LGBTQIA Patients <a href="https://www.ausmed.com.au/cpd/articles/advocating-for-lgbtq-patients">https://www.ausmed.com.au/cpd/articles/advocating-for-lgbtq-patients</a></li> <li>● LGBTI-Inclusive Practice - Bringing Diversity into Your Workplace <a href="https://www.ausmed.com.au/cpd/articles/lgbti-inclusive-practice">https://www.ausmed.com.au/cpd/articles/lgbti-inclusive-practice</a></li> <li>● LGBTQI Awareness in Aged Care <a href="https://www.ausmed.com.au/cpd/articles/lgbtqi-awareness-in-aged-care">https://www.ausmed.com.au/cpd/articles/lgbtqi-awareness-in-aged-care</a></li> </ul>
<b>Men's health</b>	Men's health	Resources to assist with men's health issues	<ul style="list-style-type: none"> <li>● <b>Men's Health Australia</b> Australia's primary source of information about the social and psychological wellbeing of men and boys. <a href="http://www.menshealthaustralia.net/">http://www.menshealthaustralia.net/</a></li> <li>● <b>MensLine Australia</b> A telephone and online counselling service for men with emotional health and relationship concerns. We're here to help anywhere, anytime. <a href="https://mensline.org.au/">https://mensline.org.au/</a></li> <li>● <b>Beyond Blue</b> Information specific to men's mental health along with helpful links, tools and resources. <a href="https://www.beyondblue.org.au/who-does-it-affect/men">https://www.beyondblue.org.au/who-does-it-affect/men</a></li> <li>● <b>R U OK?</b> If you are wondering about the wellbeing and safety of a man in your life, and you would like to reach out to that man and feel you need assistance, this simple guide shows you how to safely and effectively do this. <a href="https://www.ruok.org.au/how-to-ask">https://www.ruok.org.au/how-to-ask</a></li> </ul>

			<ul style="list-style-type: none"> <li>Article: Men in Nursing: Why it's okay for men to care <a href="https://www.acn.edu.au/nurseclick/men-in-nursing-why-its-okay-for-men-to-care">https://www.acn.edu.au/nurseclick/men-in-nursing-why-its-okay-for-men-to-care</a></li> </ul>
<b>Mental &amp; Emotional</b>	Anxiety	Resources to assist with identifying and managing anxiety	<ul style="list-style-type: none"> <li> <b>Beyond Blue</b>            An Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders.  <a href="https://www.beyondblue.org.au/the-facts/anxiety/anxiety-checklist">https://www.beyondblue.org.au/the-facts/anxiety/anxiety-checklist</a>             A range of anxiety management strategies  <a href="https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies">https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies</a> </li> <li> <b>Nursing and Midwifery Health Program Victoria</b>            A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns.  <a href="http://nmhp.org.au/">http://nmhp.org.au/</a> </li> <li> <b>Nurse &amp; Midwife Support</b>            A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral.  <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a> </li> <li> <b>Psychology Tools</b>            Psychological Resources for Coronavirus (COVID-19)  <a href="https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/">https://www.psychologytools.com/psychological-resources-for-coronavirus-covid-19/</a>             Free Guide to Living with Worry and Anxiety Amidst Global Uncertainty  <a href="https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/">https://www.psychologytools.com/articles/free-guide-to-living-with-worry-and-anxiety-amidst-global-uncertainty/</a> </li> <li> <b>Australian Psychological Society</b>            Tips for coping with coronavirus anxiety  <a href="https://www.psychology.org.au/COVID-19-Australians">https://www.psychology.org.au/COVID-19-Australians</a> </li> </ul>

			<ul style="list-style-type: none"> <li>● <b>The HeartMath Experience</b> Ease Stress Overload and Increase Your Resilience <a href="https://www.heartmath.org/training/heartmath-experience/">https://www.heartmath.org/training/heartmath-experience/</a></li> <li>● <b>Centre for Clinical Interventions (CCI)</b> A range of resources relevant to anxiety which you may find helpful. <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety</a></li> </ul>
	Burnout	Resources to assist with identifying and managing burnout	<ul style="list-style-type: none"> <li>● <b>HelpGuide</b> Helps you help yourself. HelpGuide is a non-profit mental health and wellness website. Its mission is to provide empowering, evidence-based information that you can use to help yourself and your loved ones. <a href="https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm">https://www.helpguide.org/articles/stress/burnout-prevention-and-recovery.htm</a></li> <li>● <b>Nursing and Midwifery Health Program Victoria</b> A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></li> <li>● <b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral. <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></li> <li>● <b>Avoiding Burnout in Nursing</b> <a href="https://www.ausmed.com.au/cpd/articles/tips-for-avoiding-burnout">https://www.ausmed.com.au/cpd/articles/tips-for-avoiding-burnout</a></li> </ul>
	Depression	Resources to assist with identifying and managing depression	<ul style="list-style-type: none"> <li>● <b>Black Dog Institute</b> A translational research institute that aims to reduce the incidence of mental illness and the stigma around it, to actively reduce suicide rates and empower everyone to live the most mentally healthy lives possible. <a href="https://www.blackdoginstitute.org.au/clinical-resources/depression">https://www.blackdoginstitute.org.au/clinical-resources/depression</a></li> <li>● <b>Beyond Blue</b> An Australian independent non-profit organisation working to address issues associated</li> </ul>

			<p>with depression, suicide, anxiety disorders and other related mental disorders. <a href="https://www.beyondblue.org.au/the-facts/depression">https://www.beyondblue.org.au/the-facts/depression</a></p> <ul style="list-style-type: none"> <li>● <b>Centre for Clinical Interventions (CCI)</b> A range of resources relevant to depression which you may find helpful. <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Depression</a></li> <li>● <b>Nursing and Midwifery Health Program Victoria</b> A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></li> <li>● <b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral. <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></li> <li>● <b>VIA Institute on Character</b> Stay Mentally Strong with Research-Based Activities: <ul style="list-style-type: none"> <li>○ Loving-Kindness Meditation - Boost Compassion With This Activity <a href="https://www.viacharacter.org/resources/social-downloads/loving-kindness-meditation">https://www.viacharacter.org/resources/social-downloads/loving-kindness-meditation</a></li> <li>○ Three Good Things - Focus On Gratitude With This Activity <a href="https://www.viacharacter.org/resources/social-downloads/three-good-things">https://www.viacharacter.org/resources/social-downloads/three-good-things</a></li> </ul> </li> <li>● Episode 5 - What Happens When the Wolf Comes Home With You? <a href="https://www.ausmed.com.au/cpd/articles/post-traumatic-stress-disorder-podcas-5">https://www.ausmed.com.au/cpd/articles/post-traumatic-stress-disorder-podcas-5</a></li> <li>● Lurking on Facebook: Bad for your Mental Health? <a href="https://www.ausmed.com.au/cpd/articles/facebook-bad-for-your-mental-health">https://www.ausmed.com.au/cpd/articles/facebook-bad-for-your-mental-health</a></li> <li>● Perinatal Depression and Anxiety <a href="https://www.ausmed.com.au/cpd/articles/perinatal-depression">https://www.ausmed.com.au/cpd/articles/perinatal-depression</a></li> <li>● Seasonal Affective Disorder <a href="https://www.ausmed.com.au/cpd/articles/seasonal-affective-disorder">https://www.ausmed.com.au/cpd/articles/seasonal-affective-disorder</a></li> </ul>
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			<ul style="list-style-type: none"> <li>• What is Depression / Major Depressive Disorder? <a href="https://www.ausmed.com.au/cpd/articles/depression">https://www.ausmed.com.au/cpd/articles/depression</a></li> </ul>
	General mental health	Resources to assist with identifying and managing your mental health	<ul style="list-style-type: none"> <li>• <b>Black Dog Institute</b> An evidence-informed workplace mental health toolkit is a free practical guide for employers and employees to increase understanding of mental illness in the workplace, and provides strategies and resources to support overall team wellbeing. <a href="https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit">https://www.blackdoginstitute.org.au/education-services/workplaces/mental-health-toolkit</a></li> <li>• <b>myCompass</b> Designed to address symptoms of stress, anxiety, and depression through personalised treatments delivered entirely online. <a href="https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/">https://www.blackdoginstitute.org.au/resources-support/digital-tools-apps/mycompass/</a></li> <li>• <b>Centre for Clinical Interventions (CCI)</b> Resources for consumers and healthcare professionals to assist in providing interventions for a wide range of mental health issues such as depression, bipolar, social anxiety, panic, self-esteem, procrastination, perfectionism, and eating disorders. <a href="https://www.cci.health.wa.gov.au/Resources/Overview">https://www.cci.health.wa.gov.au/Resources/Overview</a></li> <li>• Articles: ABC news stories and resources with a focus on mental health <a href="https://www.abc.net.au/news/health/mental-health/">https://www.abc.net.au/news/health/mental-health/</a></li> </ul>
	Grief & loss	Resources to assist with identifying and managing grief and loss	<ul style="list-style-type: none"> <li>• <b>GriefLine Community and Family Services Inc. (GriefLine)</b> Listens, cares and supports people experiencing loss and grief, at any stage in life. We manage Australia's only dedicated loss and grief national telephone counselling service. We provide anonymous support and specialist counselling services to individuals and families. All calls are confidential and free. Our volunteer counsellors undergo intensive training and are professionally supported by GriefLine. We also deliver responsive, evidence-based and personalised services for individuals, families and community groups. Online counselling is also available nationally. <a href="https://griefline.org.au/">https://griefline.org.au/</a></li> <li>• <b>Beyond Blue</b> An Australian independent non-profit organisation working to address issues associated</li> </ul>

			<p>with depression, suicide, anxiety disorders and other related mental disorders. <a href="https://www.beyondblue.org.au/the-facts/grief-and-loss">https://www.beyondblue.org.au/the-facts/grief-and-loss</a></p> <ul style="list-style-type: none"> <li> <p><b>Nursing and Midwifery Health Program Victoria</b> A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns. <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></p> </li> <li> <p><b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral. <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></p> <p>Death, Dying and Grief – through a pandemic and beyond <a href="https://www.nmsupport.org.au/news/death-dying-and-grief-through-pandemic-and-beyond">https://www.nmsupport.org.au/news/death-dying-and-grief-through-pandemic-and-beyond</a></p> </li> <li> <p>The Psychology of Dying and the Emotions it May Bring <a href="https://www.ausmed.com.au/cpd/articles/the-psychology-of-dying">https://www.ausmed.com.au/cpd/articles/the-psychology-of-dying</a></p> </li> <li> <p><b>Lea McInerney</b> Field Notes on Death <a href="http://www.learmcinerney.com/essays/field-notes-on-death/">http://www.learmcinerney.com/essays/field-notes-on-death/</a></p> <p>A view from two worlds, on what helps us to deal with this grief <a href="https://croakey.org/a-view-from-two-worlds-on-what-helps-us-to-deal-with-this-grief/">https://croakey.org/a-view-from-two-worlds-on-what-helps-us-to-deal-with-this-grief/</a></p> </li> </ul>
	Mindfulness	Links to practical mindfulness resources and exercises	<ul style="list-style-type: none"> <li> <p><b>Nursing and Midwifery Health Program Victoria</b> How to Practice Mindful Nursing <a href="http://www.nmhp.org.au/documents/NMHPV-Mindful-Nursing.pdf">http://www.nmhp.org.au/documents/NMHPV-Mindful-Nursing.pdf</a></p> <p>Podcast Episode 3: Tips for nurses and midwives on how to make health, wellbeing and self-care a priority with a bonus mindfulness activity <a href="http://nmhp.org.au/podcast-e3.html">http://nmhp.org.au/podcast-e3.html</a></p> </li> </ul>

			<ul style="list-style-type: none"> <li>● <b>Nurse &amp; Midwife Support</b> Benefits of mindfulness and how to get started <a href="https://www.nmsupport.org.au/staying-healthy/mindfulness">https://www.nmsupport.org.au/staying-healthy/mindfulness</a></li> <li>● <b>Dr Russ Harris</b> ACT Mindfully – What is Mindfulness? What are the benefits? <a href="https://www.actmindfully.com.au/about-mindfulness/">https://www.actmindfully.com.au/about-mindfulness/</a></li> <li>● <b>The Mindful Nurse Australia</b> Free information and resources <a href="https://www.themindfulnurseaustralia.com.au/resources/">https://www.themindfulnurseaustralia.com.au/resources/</a></li> <li>● <b>Living Well</b> Mindfulness exercises that allow you to be able to identify, tolerate and reduce difficult, painful and even frightening thoughts, feelings and sensations. <a href="https://www.livingwell.org.au/mindfulness-exercises-3/">https://www.livingwell.org.au/mindfulness-exercises-3/</a></li> <li>● <b>Mindfulness for Wellbeing and Peak Performance</b> Learn mindfulness techniques to reduce stress and improve your wellbeing and work/study performance in this online course. <a href="https://www.futurelearn.com/courses/mindfulness-wellbeing-performance">https://www.futurelearn.com/courses/mindfulness-wellbeing-performance</a></li> <li>● <b>The One-Moment®</b> approach takes you just one minute (or less) each day to practice, but our users report powerful benefits. People say this has helped them reduce stress and anxiety, focus better, calm their family dramas, get more productive, and be truly ready for anything. <a href="https://onemomentcompany.com/introduce-mindfulness-resistant-workforce/">https://onemomentcompany.com/introduce-mindfulness-resistant-workforce/</a></li> </ul>
	Resilience	Resources, online courses and short videos on resilience	<ul style="list-style-type: none"> <li>● <b>Going Rural Health</b> Free online course in Resilience, Wellbeing and Self-Care <a href="https://goingruralhealth.com.au/onlinecourseinresilience/">https://goingruralhealth.com.au/onlinecourseinresilience/</a></li> <li>● <b>University of Melbourne</b> Free online courses for healthcare workers: resilience, compassion fatigue and communication during COVID courses available <a href="https://medicine.unimelb.edu.au/about/covid-19-fast-response-elearning-courses-from-the-university-of-melbourne">https://medicine.unimelb.edu.au/about/covid-19-fast-response-elearning-courses-from-the-university-of-melbourne</a></li> </ul>

			<p>Resilience and wellbeing during COVID-19 short videos by Professor Jill Klein <a href="https://go.mbs.edu/resilience-during-covid-19/">https://go.mbs.edu/resilience-during-covid-19/</a></p>
	Self-care	Resources to practical self-care tips	<ul style="list-style-type: none"> <li> <p><b>Nursing and Midwifery Health Program Victoria</b> Self-care is self-love in action. This link to a Self-Care Guide has lots of practical health and wellbeing tips. <a href="http://www.nmhp.org.au/documents/NMHPV-Self-Care-Guide.pdf">http://www.nmhp.org.au/documents/NMHPV-Self-Care-Guide.pdf</a></p> </li> <li> <p><b>Nurse &amp; Midwife Support</b> Self-care techniques for nurses and midwives that we can build into our day so that we don't just cope, but thrive. <a href="https://www.nmsupport.org.au/news/self-care-nurses-and-midwives">https://www.nmsupport.org.au/news/self-care-nurses-and-midwives</a></p> </li> <li> <p><b>Black Dog Institute</b> The importance of self-care planning during Coronavirus <a href="https://www.blackdoginstitute.org.au/news/news-detail/2020/03/30/the-importance-of-self-care-planning-during-coronavirus">https://www.blackdoginstitute.org.au/news/news-detail/2020/03/30/the-importance-of-self-care-planning-during-coronavirus</a></p> </li> <li> <p><b>Therapeutic Relaxation and Enhanced Awareness Training or 'Treat'®</b> A unique self-care and self-awareness workplace program that has been evaluated extensively in public hospitals and has been shown to significantly reduce burnout in health professionals. <a href="https://www.treathealthcare.com.au/">https://www.treathealthcare.com.au/</a></p> </li> <li> <p><b>Treat App</b> Made for health professionals by health professionals. Treat is a unique app designed to help you find calm, clarity and balance during your busy working day. <a href="https://www.treathealthcare.com.au/treat-app">https://www.treathealthcare.com.au/treat-app</a></p> </li> </ul>
	Stress	Resources to assist with identifying and managing stress	<ul style="list-style-type: none"> <li> <p><b>Heads Up</b> Is all about giving individuals and businesses the tools to create more mentally healthy workplaces. Developed by Beyond Blue and supported by the Mentally Healthy Workplace Alliance, Heads Up calls on business leaders to make a commitment and start taking action in their workplaces. It also encourages everyone in the workplace to play their part in creating a mentally healthy working environment, take care of their own</p> </li> </ul>

			<p>mental health, and look out for their colleagues.  <a href="https://www.headsup.org.au/healthy-workplaces/workplace-stressors">https://www.headsup.org.au/healthy-workplaces/workplace-stressors</a></p> <ul style="list-style-type: none"> <li>● <b>Nurse &amp; Midwife Support</b>  A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral.  <a href="https://www.nmsupport.org.au/workplace/stress">https://www.nmsupport.org.au/workplace/stress</a></li> <li>● <b>Nursing and Midwifery Health Program Victoria</b>  A free, confidential and independent support service for nurses, midwives and students of nursing and midwifery experiencing health issues related to their mental health, substance use and family violence concerns.  <a href="http://nmhp.org.au/">http://nmhp.org.au/</a></li> <li>● <b>Nurse &amp; Midwife Support</b>  A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral.  <a href="https://www.nmsupport.org.au/">https://www.nmsupport.org.au/</a></li> <li>● <b>Smiling Mind</b>  Provides accessible, life-long tools to support healthy minds.  <a href="https://www.smilingmind.com.au/">https://www.smilingmind.com.au/</a></li> <li>● <b>Headspace</b>  Officially launched in 2010 as an events company, but attendees wanted to take what they learned home with them. Andy, Rich, and a small team decided to make Andy's techniques available online so more people could experience the <a href="#">benefits of meditation</a> anytime, anywhere. And that blossomed into the Headspace you see today: <a href="#">guided meditations</a>, animations, articles and videos, all in the distinct Headspace style.  <a href="https://www.headspace.com/">https://www.headspace.com/</a></li> <li>● The <b>One-Moment</b><sup>®</sup> approach takes you just one minute (or less) each day to practice, but our users report powerful benefits. People say this has helped them reduce stress and anxiety, focus better, calm their family dramas, get more productive, and be truly ready for anything.  <a href="https://onemomentcompany.com/introduce-mindfulness-resistant-workforce/">https://onemomentcompany.com/introduce-mindfulness-resistant-workforce/</a></li> </ul>
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	Suicide	Resources to assist with preventing, identifying and managing self-harm and suicide	<ul style="list-style-type: none"> <li>● <b>Lifeline</b> A non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online. <a href="https://www.lifeline.org.au/">https://www.lifeline.org.au/</a></li> <li>● <b>SuicideLine Victoria</b> A 24/7 telehealth provider that offers free professional phone and online counselling for people living in Victoria. <a href="https://www.suiceline.org.au/">https://www.suiceline.org.au/</a></li> <li>● <b>Beyond Blue</b> An Australian independent non-profit organisation working to address issues associated with depression, suicide, anxiety disorders and other related mental disorders. <a href="https://www.beyondblue.org.au/the-facts/suicide-prevention">https://www.beyondblue.org.au/the-facts/suicide-prevention</a></li> <li>● <b>R U OK?</b> A suicide prevention charity in Australia, reminding people that having meaningful conversations with mates and loved ones could save lives. <a href="https://www.ruok.org.au/">https://www.ruok.org.au/</a></li> <li>● <b>Black Dog Institute</b> A white paper, "What Can Be Done to Decrease Suicidal Behaviour in Australia? A Call to Action" which shares critical insights from emerging research and lived experience evidence to uncover innovative solutions to drive down suicide rates and create a mentally healthier world for everyone. <a href="https://www.blackdoginstitute.org.au/suicide-prevention-white-paper/">https://www.blackdoginstitute.org.au/suicide-prevention-white-paper/</a></li> </ul>
<b>Physical</b>	Breathing	Practical breathing techniques and activities	<ul style="list-style-type: none"> <li>● Eddie Stern, a yoga teacher, author and lecturer from New York, created the concept, and drew the blueprint for this breathing app. Deepak Chopra, MD, FACP, NYT best selling author of over 85 books, founder of the Chopra Center and Jiyo.com, guided the science and context behind the app. <a href="https://apps.apple.com/au/app/the-breathing-app/id1285982210">https://apps.apple.com/au/app/the-breathing-app/id1285982210</a></li> <li>● <b>Evolve Yourself Institute</b> Believes that everyone has the capacity to know happiness, be less stressed and more</li> </ul>

			<p>productive in life and the workplace.  <a href="https://www.eyi.global/eyi-focus-breath/">https://www.eyi.global/eyi-focus-breath/</a></p>
	Movement	Links to practical movement and exercise information	<ul style="list-style-type: none"> <li>● <b>Yoga with Adriene</b>            Yoga for Nurses is designed for anyone seeking to fill their cup so that they can serve and show up fully for others.  <a href="https://yogawithadriene.com/yoga-for-nurses/">https://yogawithadriene.com/yoga-for-nurses/</a></li> <li>● <b>Nurse &amp; Midwife Support</b>            A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral.  <a href="https://www.nmsupport.org.au/staying-healthy/exercise">https://www.nmsupport.org.au/staying-healthy/exercise</a>             Exercise and pregnancy... You've got to be joking!  <a href="https://www.nmsupport.org.au/news/exercise-and-pregnancy">https://www.nmsupport.org.au/news/exercise-and-pregnancy</a></li> <li>● Practical ideas for adults to help increase physical activity and minimise sedentary behaviour every day.  <a href="https://www1.health.gov.au/internet/main/publishing.nsf/Content/ti-18-64years">https://www1.health.gov.au/internet/main/publishing.nsf/Content/ti-18-64years</a></li> <li>● Workouts, movement and mobility tips. Specially designed for injury prevention, strength, well-being and for those who work physically, during their working day.  <a href="https://wholeheartmagazine.com/fitness/2018/10/11/5-ways-to-take-your-catch-up-outside">https://wholeheartmagazine.com/fitness/2018/10/11/5-ways-to-take-your-catch-up-outside</a></li> <li>● Exercise and improving your mental wellbeing  <a href="https://www.ausmed.com.au/cpd/articles/exercise-mental-health">https://www.ausmed.com.au/cpd/articles/exercise-mental-health</a></li> </ul>
	Nutrition & hydration	Links to healthy dietary and hydration options	<ul style="list-style-type: none"> <li>● <b>CSIRO</b>            Diets and lifestyle programs are designed to help you eat healthier and live well.  <a href="https://www.csiro.au/en/Research/Health/CSIRO-diets">https://www.csiro.au/en/Research/Health/CSIRO-diets</a></li> <li>● <b>Heart Foundation</b>            Funds life-saving heart research and work to improve heart disease prevention and care for all Australians.  <a href="https://www.heartfoundation.org.au/healthy-eating">https://www.heartfoundation.org.au/healthy-eating</a></li> </ul>



			<ul style="list-style-type: none"> <li>● Nutrition can be a wonderful tool for abundant energy and health. These recipes will make multiple wholefood nourishing meals and will provide sustained energy for long hours, and many shifts over multiple days and nights. <a href="https://wholeheartmagazine.com/recipes">https://wholeheartmagazine.com/recipes</a></li> <li>● <b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral. <a href="https://www.nmsupport.org.au/staying-healthy/healthy-eating">https://www.nmsupport.org.au/staying-healthy/healthy-eating</a></li> <li>● Obesity and weight management for healthcare professionals <a href="https://www.ausmed.com.au/cpd/articles/overweight-healthcare-professionals">https://www.ausmed.com.au/cpd/articles/overweight-healthcare-professionals</a></li> <li>● <b>Psych Central</b> Could Skipping Breakfast Relieve Depression? <a href="https://psychcentral.com/lib/could-skipping-breakfast-relieve-depression">https://psychcentral.com/lib/could-skipping-breakfast-relieve-depression</a></li> <li>● <b>Johns Hopkins Medicine</b> The Brain-Gut Connection <a href="https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-brain-gut-connection">https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-brain-gut-connection</a></li> <li>● <b>Mental Health America</b> Fitness 4Mind4Body: The Gut-Brain Connection <a href="https://www.mhanational.org/fitness-4mind4body-gut-brain-connection">https://www.mhanational.org/fitness-4mind4body-gut-brain-connection</a></li> <li>● <b>Harvard Health</b> The gut-brain connection <a href="https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection">https://www.health.harvard.edu/diseases-and-conditions/the-gut-brain-connection</a></li> </ul>
	Sleep	Resources to assist with sleep	<ul style="list-style-type: none"> <li>● <b>The Sleep Health Foundation</b> Australia’s leading advocate for healthy sleep. It aims to improve people’s lives by promoting sleep, advocacy and raising awareness of sleep disorders. <a href="https://www.sleephealthfoundation.org.au/fact-sheets.html">https://www.sleephealthfoundation.org.au/fact-sheets.html</a></li> <li>● <b>The National Sleep Foundation</b> A 501(c)3 charitable, educational, and scientific not-for-profit organisation dedicated to</li> </ul>

			<p>improving sleep health and safety through education, public awareness and advocacy. <a href="https://www.sleepfoundation.org/sleep-solutions/sleep-tools-tips">https://www.sleepfoundation.org/sleep-solutions/sleep-tools-tips</a></p> <ul style="list-style-type: none"> <li>● <b>Centre for Clinical Interventions (CCI)</b> A range of resources relevant to sleep which you may find helpful. <a href="https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep">https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Sleep</a></li> <li>● ANMJ article: Top tips to improve your sleep during the pandemic <a href="https://anmj.org.au/top-tips-to-improve-your-sleep-during-the-pandemic">https://anmj.org.au/top-tips-to-improve-your-sleep-during-the-pandemic</a></li> <li>● Can't sleep? Try these options <a href="https://www.ausmed.com.au/cpd/articles/cant-sleep">https://www.ausmed.com.au/cpd/articles/cant-sleep</a></li> <li>● Nurses' fatigue <a href="https://www.ausmed.com.au/cpd/articles/nurses-fatigue">https://www.ausmed.com.au/cpd/articles/nurses-fatigue</a></li> <li>● Sleep management: How to advise patients <a href="https://www.ausmed.com.au/cpd/articles/sleep-management">https://www.ausmed.com.au/cpd/articles/sleep-management</a></li> </ul>
<b>Podcasts</b>	Podcasts	Podcasts to assist with health and wellbeing	<ul style="list-style-type: none"> <li>● <b>Nursing and Midwifery Health Program Victoria</b> 'Conversations that Connect' is a podcast series that shares relevant and practical information to assist in enhancing your health and wellbeing. <a href="http://nmhp.org.au/podcast-index.html">http://nmhp.org.au/podcast-index.html</a></li> <li>● <b>Nurse &amp; Midwife Support</b> A podcast series where nurses and midwives discuss the issues that matter to our community. <a href="https://www.nmsupport.org.au/resources/podcasts">https://www.nmsupport.org.au/resources/podcasts</a></li> <li>● <b>Beyond Blue</b> Not Alone with Marc Fennell is a podcast where everyday Australians talk about their mental health journey to help you with yours. <a href="https://www.beyondblue.org.au/get-support/not-alone">https://www.beyondblue.org.au/get-support/not-alone</a></li> <li>● <b>Black Dog Institute</b> Podcasts exploring different insights into mental health through personal experiences</li> </ul>

			<p>and expert opinions. <a href="https://www.blackdoginstitute.org.au/education-services/podcasts/">https://www.blackdoginstitute.org.au/education-services/podcasts/</a></p> <ul style="list-style-type: none"> <li>● <b>Big Feels @ Work</b> An audio series for mental health professionals with lived experience. Podcast covering a number of topics related to working in mental health services with your own 'big feelings'. <a href="https://bigfeels.club/big-feels-at-work">https://bigfeels.club/big-feels-at-work</a></li> <li>● <b>CRANaplus</b> If you're a health professional who has been impacted by drought and bushfires, you may like to check out Mental Health Training, a series of webinars, podcasts and valuable resources to assist you with health, wellbeing and self-care strategies. <a href="https://crana.org.au/workforce-support/mental-health-training/podcasts-1">https://crana.org.au/workforce-support/mental-health-training/podcasts-1</a></li> <li>● <b>Lifeline</b> Holding onto Hope is a podcast series in which people who have come through the darkness of suicidality share the connection that gave them hope to continue living. <a href="https://www.lifeline.org.au/real-experiences/holding-on-to-hope-podcast/">https://www.lifeline.org.au/real-experiences/holding-on-to-hope-podcast/</a></li> </ul>
<b>Professional &amp; career development</b>	Continuous education	Resources to assist with identifying and managing career advancement	<ul style="list-style-type: none"> <li>● Health and Safety Representative training and programs <a href="https://www.anmfvic.asn.au/education-and-training/hsr-training">https://www.anmfvic.asn.au/education-and-training/hsr-training</a></li> <li>● Nursing education programs <a href="https://www.nursemanagerhq.com/">https://www.nursemanagerhq.com/</a></li> <li>● <b>Nurse &amp; Midwife Support</b> A 24/7 national support service for nurses &amp; midwives providing access to confidential advice and referral <a href="https://www.nmsupport.org.au/search/node?keys=career+transition">https://www.nmsupport.org.au/search/node?keys=career+transition</a></li> <li>● 3 Strategies for Being a Networked Nurse <a href="https://www.ausmed.com.au/cpd/articles/nurse-networking">https://www.ausmed.com.au/cpd/articles/nurse-networking</a></li> <li>● 5 Steps to Re-Energise Your Nursing Career <a href="https://www.ausmed.com.au/cpd/articles/reenergise-your-nursing-career">https://www.ausmed.com.au/cpd/articles/reenergise-your-nursing-career</a></li> </ul>

			<ul style="list-style-type: none"> <li>● Episode 15 - How to Find Meaning in Your Work <a href="https://www.ausmed.com.au/cpd/articles/how-to-find-meaning-in-your-work">https://www.ausmed.com.au/cpd/articles/how-to-find-meaning-in-your-work</a></li> <li>● Five Reasons why Nurses can Benefit from LinkedIn <a href="https://www.ausmed.com.au/cpd/articles/nurses-can-benefit-from-linkedin">https://www.ausmed.com.au/cpd/articles/nurses-can-benefit-from-linkedin</a></li> <li>● Giving Feedback - 3 Models for Giving Effective Feedback <a href="https://www.ausmed.com.au/cpd/articles/giving-feedback">https://www.ausmed.com.au/cpd/articles/giving-feedback</a></li> <li>● How to Deal with Complaints in Healthcare <a href="https://www.ausmed.com.au/cpd/articles/complaints-in-healthcare">https://www.ausmed.com.au/cpd/articles/complaints-in-healthcare</a></li> <li>● Make Your Nursing Expertise Visible <a href="https://www.ausmed.com.au/cpd/articles/make-your-nursing-expertise-visible">https://www.ausmed.com.au/cpd/articles/make-your-nursing-expertise-visible</a></li> <li>● Making A Professional First Impression in Nursing and Midwifery <a href="https://www.ausmed.com.au/cpd/articles/making-professional-first-impression-nursing-midwifery">https://www.ausmed.com.au/cpd/articles/making-professional-first-impression-nursing-midwifery</a></li> <li>● Nurse Intrapreneurs Make a Powerful Contribution <a href="https://www.ausmed.com.au/cpd/articles/nurse-intrapreneurs">https://www.ausmed.com.au/cpd/articles/nurse-intrapreneurs</a></li> <li>● Nurses and Business - You Need to Know! <a href="https://www.ausmed.com.au/cpd/articles/nurses-and-business">https://www.ausmed.com.au/cpd/articles/nurses-and-business</a></li> <li>● Nurses as Disrupters and Agents of Change <a href="https://www.ausmed.com.au/cpd/articles/nurses-as-disrupters-agents-of-change">https://www.ausmed.com.au/cpd/articles/nurses-as-disrupters-agents-of-change</a></li> <li>● Nursing Career Advancement - When it Makes Sense <a href="https://www.ausmed.com.au/cpd/articles/nursing-career-advancement">https://www.ausmed.com.au/cpd/articles/nursing-career-advancement</a></li> <li>● Nursing Job Interviews - Self Presentation <a href="https://www.ausmed.com.au/cpd/articles/nursing-job-interview-self-presentation">https://www.ausmed.com.au/cpd/articles/nursing-job-interview-self-presentation</a></li> <li>● Nursing, Privacy and the Risks of Social Media <a href="https://www.ausmed.com.au/cpd/articles/nursing-social-media">https://www.ausmed.com.au/cpd/articles/nursing-social-media</a></li> </ul>
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<p><b>Safety</b></p>	<p>Health &amp; safety</p>	<p>Resources to assist with work, health and safety</p>	<ul style="list-style-type: none"> <li>● Health, Safety and Wellbeing information including employer safety obligations, bullying, injury at work and support for mental health or substance use concerns <a href="https://www.anmfvic.asn.au/memberassistance/details?category=health-safety-and-wellbeing">https://www.anmfvic.asn.au/memberassistance/details?category=health-safety-and-wellbeing</a></li> <li>● 10 Point Plan to End Violence and Aggression: A Guide for Health Services <a href="http://www.anmfvic.asn.au/~media/files/ANMF/OHS/10pointplan-guidance-A4-FA-Web.pdf">http://www.anmfvic.asn.au/~media/files/ANMF/OHS/10pointplan-guidance-A4-FA-Web.pdf</a></li> <li>● Working 101: Occupational Health and Safety (OHS) - Understand your rights <a href="https://www.anmfvic.asn.au/news-and-publications/news/2018/03/08/working-101-occupational-health-and-safety">https://www.anmfvic.asn.au/news-and-publications/news/2018/03/08/working-101-occupational-health-and-safety</a></li> <li>● Occupational Violence Information Sheet <a href="https://www.worksafe.vic.gov.au/resources/occupational-violence-information-sheet">https://www.worksafe.vic.gov.au/resources/occupational-violence-information-sheet</a></li> <li>● Supporting Staff after OVA – Information for Managers <a href="https://www2.health.vic.gov.au/health-workforce/worker-health-wellbeing/occupational-violence-aggression/post-incident-response/post-incident-support/information-for-managers">https://www2.health.vic.gov.au/health-workforce/worker-health-wellbeing/occupational-violence-aggression/post-incident-response/post-incident-support/information-for-managers</a></li> <li>● Occupational Violence and Aggression – It’s Never OK <a href="http://www.anmfvic.asn.au/campaigns/2019/09/04/occupational-violence-and-aggression">http://www.anmfvic.asn.au/campaigns/2019/09/04/occupational-violence-and-aggression</a></li> <li>● A Day in the Life of a Nurse <a href="https://www.safeworkaustralia.gov.au/media-centre/day-life-nurse">https://www.safeworkaustralia.gov.au/media-centre/day-life-nurse</a></li> </ul>
<p><b>Social &amp; relationships</b></p>	<p>Bullying</p>	<p>Links to bullying resources</p>	<ul style="list-style-type: none"> <li>● <b>ANMF Vic Branch</b> Understanding and addressing workplace bullying <a href="https://www.anmfvic.asn.au/reps/understanding-and-addressing-workplace-bullying">https://www.anmfvic.asn.au/reps/understanding-and-addressing-workplace-bullying</a></li> <li>● Article: 5 tips to deal with workplace bullying. How bullying in the workplace can cause significant harm to a person’s physical, emotional and mental wellbeing. <a href="https://anmj.org.au/5-tips-to-deal-with-workplace-bullying/">https://anmj.org.au/5-tips-to-deal-with-workplace-bullying/</a></li> </ul>

			<ul style="list-style-type: none"> <li>● Bullying in the Workplace: Causing Lasting-Damage While Left Unchecked <a href="https://www.ausmed.com.au/cpd/articles/workplace-bullying-healthcare">https://www.ausmed.com.au/cpd/articles/workplace-bullying-healthcare</a></li> <li>● Episode 13 - What's it Like to be a Bully? <a href="https://www.ausmed.com.au/cpd/articles/bullying-in-nursing-podcast">https://www.ausmed.com.au/cpd/articles/bullying-in-nursing-podcast</a></li> <li>● Shift-to-Shift Animosity <a href="https://www.ausmed.com.au/cpd/articles/shift-to-shift-animosity">https://www.ausmed.com.au/cpd/articles/shift-to-shift-animosity</a></li> <li>● Tall Poppy Syndrome in Healthcare <a href="https://www.ausmed.com.au/cpd/articles/tall-poppy-syndrome-healthcare">https://www.ausmed.com.au/cpd/articles/tall-poppy-syndrome-healthcare</a></li> </ul>
	Social connection	Links to social connection resources	<ul style="list-style-type: none"> <li>● <b>Head to Health – Connectedness</b> The connections you make through relationships, places, and social activities can build a safety net for your physical and mental health. Healthy connections with family, friends, partners and co-workers, and having a pet, are known to lower levels of anxiety and depression, and raise self-esteem. <a href="https://headtohealth.gov.au/meaningful-life/connectedness">https://headtohealth.gov.au/meaningful-life/connectedness</a></li> <li>● <b>R U OK?</b> Staying connected is more important than ever <a href="https://www.ruok.org.au/staying-connected-is-more-important-than-ever">https://www.ruok.org.au/staying-connected-is-more-important-than-ever</a></li> <li>● <b>Rural Health Pro</b> Connecting people and organisations who care about keeping rural communities healthy. <a href="https://ruralhealthpro.org/">https://ruralhealthpro.org/</a></li> <li>● Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected <a href="https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/">https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/</a></li> <li>● Creating a Support Network - Communication and Coming Together <a href="https://www.ausmed.com.au/cpd/articles/creating-a-support-network">https://www.ausmed.com.au/cpd/articles/creating-a-support-network</a></li> <li>● Professional Boundaries in Nursing <a href="https://www.ausmed.com.au/cpd/articles/professional-boundaries-in-nursing">https://www.ausmed.com.au/cpd/articles/professional-boundaries-in-nursing</a></li> </ul>

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<b>Webinars</b>	Webinars	Links to webinars	<ul style="list-style-type: none"> <li><b>Nursing and Midwifery Health Program Victoria</b> Webinar Series: Healthy Discussions Episode 1 - NMHPV: Have you ever wondered what we do? <a href="http://nmhp.org.au/webinar-index.html">http://nmhp.org.au/webinar-index.html</a></li> <li><b>Black Dog Institute</b> Expert Insights: Webinars for Workplaces - free webinars designed to help managers lead workplace mental health initiatives. <a href="https://www.blackdoginstitute.org.au/education-services/webinars/expert-insights-for-workplaces/">https://www.blackdoginstitute.org.au/education-services/webinars/expert-insights-for-workplaces/</a>  Settling the Mind: Mental Health and Coronavirus Webinar Series - free webinars are designed to connect you to the best possible mental health evidence related to COVID-19. <a href="https://www.blackdoginstitute.org.au/education-services/settling-the-mind-mental-health-and-coronavirus-webinar-series/">https://www.blackdoginstitute.org.au/education-services/settling-the-mind-mental-health-and-coronavirus-webinar-series/</a></li> <li><b>CRANAplus</b> If you're a health professional who has been impacted by drought and bushfires, you may like to check out Mental Health Training, a series of webinars, podcasts and valuable resources to assist you with health, wellbeing and self-care strategies. <a href="https://crana.org.au/workforce-support/mental-health-training/webinars">https://crana.org.au/workforce-support/mental-health-training/webinars</a></li> <li><b>Safer Care Victoria</b> Webinar: Healthcare worker wellbeing beyond flattening the curve <a href="https://us02web.zoom.us/rec/play/75Urd7qtqzw3GtaS4gSDUfcoW43pe6mshHIW8vYKxRnmUHVSOIGuNLMWYOF2fxgop3W17s1EzN2l_C8w?startTime=1591063229000">https://us02web.zoom.us/rec/play/75Urd7qtqzw3GtaS4gSDUfcoW43pe6mshHIW8vYKxRnmUHVSOIGuNLMWYOF2fxgop3W17s1EzN2l_C8w?startTime=1591063229000</a>  Participation and feedback from the webinar <a href="https://mailchi.mp/safercare/hcw-wellbeing">https://mailchi.mp/safercare/hcw-wellbeing</a></li> </ul>
<b>Women's health</b>	Women's health	Resources to assist with women's health issues	<ul style="list-style-type: none"> <li><b>Jean Hailes for Women's Health</b> A national not-for-profit organisation dedicated to improving the knowledge of women's health throughout the various stages of their lives, providing a trusted world-class health service for women. We combine research, clinical care and practical education for</li> </ul>



			<p>women and health professionals. Our key point of difference is the translation and dissemination of research and medical evidence into easy to understand health information delivered in multiple ways to suit our audiences. Our aim is to inspire confidence to create a healthier future for all women.</p> <p><a href="https://jeanhailes.org.au/">https://jeanhailes.org.au/</a></p> <ul style="list-style-type: none"> <li> <p><b>Women’s Health Victoria</b> A state-wide women’s health promotion, advocacy and support service with a proud history of over 25 years. We are an independent, feminist, not-for-profit organisation. We advocate and build system capacity for a gendered approach to health that reduces inequalities and improves health outcomes for Victorian women.</p> <p><a href="https://whv.org.au/">https://whv.org.au/</a></p> </li> <li> <p>Working as a Nurse During Pregnancy <a href="https://www.ausmed.com.au/cpd/articles/pregnant-nurse">https://www.ausmed.com.au/cpd/articles/pregnant-nurse</a></p> </li> </ul>
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