

Victorian healthcare worker wellbeing resources

SELF-CARE RESOURCES

Pandemic Kindness Movement

Access information, podcasts, webinars, online courses and other resources covering our basic needs, safety, love and belonging, esteem, contribution and leadership actions.

Victorian Nurse and Midwifery Health Program: Health and Wellbeing Toolkit

Use an online self-care plan and resource toolkit to help you manage your health and wellbeing.

Blackdog Institute Resources and TEN app

Find the latest information and resources for health professionals to support your mental health and wellbeing. Download the Essential Network (TEN) app, developed to help you manage life and work through COVID-19.

Pandemic Kindness Movement

Spreading only kindness



TEN: The Essential Network for health professionals

PEER SUPPORT

Hand-n-Hand Peer Support

Led by doctors, nurses and allied health practitioners with a background in mental health, this peer support network is for frontline healthcare workers during this pandemic.

AMA Victoria Peer Support Service

Doctors can speak confidentially and anonymously with experienced and trained doctors. Call 1300 853 338 (every day, 8am to 10pm).



SPECIALIST SUPPORT

These are in addition to your immediate workplace supports like an Employee Assistance Provider or your GP.

Victorian Doctors Health Program

Doctors (including medical students) can access help with any physical health, mental health and substance use issues. Visit the website or call (03) 9280 8712 (available 24/7).

National Drs4Drs Telemedicine Support

Doctors and medical students can access up to three counselling sessions of one hour each through 24/7 telemedicine support. Call 1300 374 377 (available 24/7).



Victorian Nurse and Midwifery Health Program

Nurses and midwives (including students) experiencing mental health and substance use issues can access confidential support. Visit the website or call (03) 9415 7551.



National Nurse and Midwife Support

A confidential telephone or email advice and support service for nurses and midwives (including students). Visit the website or call 1800 667 877.



Psychologists available for healthcare workers

Healthcare workers can search by state for clinical psychologists offering special reduced fee or bulk-billed psychology services to health workers.



Victorian psychiatrists available for healthcare workers

Healthcare workers who are feeling overwhelmed or just want to check on their mental health, can access this searchable database of available psychiatrists.



OTHER SUPPORT

Hotel for Heroes: COVID19 Emergency Accommodation Program

Access emergency accommodation if you are required to self-quarantine or self-isolate, and are unable to do so at home. Available to hospital workers and paramedics. (Click on the tab: ADVICE FOR FRONTLINE WORKERS.)

