

Mental health support services and resources for Healthcare Workers

For immediate mental health crisis support or if you or anyone you know is in immediate danger, please call 000

For urgent mental health support, please contact:

Lifeline provides a 24/7 free telephone line **13 11 14**, text and online crisis support for anyone experiencing distress or crisis

Suicide Call Back Service offers a free, 24/7, telephone line **1300 659 467** and online counselling services for people affected by suicide.

Beyond Blue offers a free, 24/7, telephone line **1300 224 636** and online counselling services for people affected by suicide.

Relevant Workforce	Organisation	Services Offered
Aboriginal and Torres Strait Islander health workforce	WellMob	Resources for Aboriginal and Torres Strait Islander people and healthcare workers supporting community.
Aboriginal and Torres Strait Islander health workforce	Gayaa Dhuwi (Proud Spirit) Australia	Wellbeing and mental health resource library.
Healthcare workforce	Brisbane North PHN Phone: 1800 595 212	Medicare Mental Health services in the Brisbane North and Moreton Bay region.
Healthcare workforce	Medicare Mental Health Phone: 1800 595 212	Advice about assessment and referral to local services.
Healthcare workforce	MindSpot Phone: 1800 614 434	Wellbeing Course for eligible adults experiencing stress, anxiety or low mood.
Healthcare workforce	THIS WAY UP	Stress Management Program for people experiencing acute or chronic stress.

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Relevant Workforce	Organisation	Services Offered
Healthcare workforce	Black Dog Institute	Burnout flyer for health professionals.
Healthcare workforce	Australian Psychological Society	Support for people seeking a psychologist in Australia.
Healthcare workforce	PACFA	Support for people seeking a registered counsellor or Psychologist in Australia.
Healthcare workforce	Australian Counselling Association	Support for people seeking an ACA registered counsellor in Australia.
Healthcare workforce	Beyond Blue	Work and mental health resources for workers and employers.
Healthcare workforce	Centre for Clinical Interventions	Structured self-help information and workbooks.
Healthcare workforce	Hand-n-Hand Peer Support	Match you with a peer support volunteer from a similar field and level of training.
Healthcare workforce	Black Dog Institute	Self-care planning resource for healthcare workers
Defence workforce	Open Arms Phone: 1800 011 046	Open Arms provides mental health and wellbeing support to anyone who has served at least one day of continuous fulltime service in the ADF and their immediate families. Available 24/7
LGBTIQ+ workforce	QLife Phone: 1800 184 527	Peer support and referrals for LGBTIQ+ people wanting to discuss sexuality, gender, bodies, feelings or relationships.

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Relevant Workforce	Organisation	Services Offered
Youth Health Workforce	Headspace	Mental health workbooks for stress and anxiety, low mood and depression and body image.
Rural Health workforce	CRANApus Phone: 1800 805 391	Mental health support and wellbeing resources for rural and remote health workforce and their families.
Practice owners and managers	Beyond Blue Phone: 03 9250 8305	NewAccess mental health support for small business owners.
AAPM members	AAPM Phone: 1800 196 000	Delivered in partnership with Connect Psych, the Member Assistance Program provides confidential support to members.