

Resources for Staff Wellbeing

– COVID-19

Queensland Health

➔ [Mental Wellbeing – coronavirus \(COVID-19\)](#)

Normalises feeling of distress during pandemic and provides tips for mental health and wellbeing and links to further supports if required.

Australian Government Department of Health – Head to Health

➔ [COVID-19 Support | Head to Health](#)

This page provides information, tips and resources to support people and their loved ones' mental health during this time. (Maintaining Good Mental Health, Accessing Support) | Digital Mental Health Resources from trusted service providers Includes ➔ [Covid-19- support for people from CALD backgrounds](#)

Queensland Mental Health Commission

➔ [COVID-19 and mental health](#)

The Queensland Mental Health Commission has put together practical advice and information from trusted sources and partners. The links connect to credible, up-to-date resources to help people stay mentally and physically healthy and well.

Brisbane North PHN – My Mental Health

➔ [My Mental Health | COVID-19 Mental Health Support](#)

An easy to navigate collection of services and resources available – including links to all websites.

Beyond Blue – Coronavirus Mental Wellbeing Support Service

➔ [Supporting you through the Coronavirus pandemic](#)

Information and strategies. No matter how the COVID-19 pandemic is affecting mental wellbeing, Beyond Blue have developed a range of information, strategies and expert advice to help provide support. Includes Phone Support Service, Web Chat Support Service and Online Forums.

Heads Up

➔ www.headsup.org.au

Resources promoting Better Mental Health in the workplace (Not COVID-19 specific).

Life in Mind

➔ [Coronavirus \(COVID-19\) mental health support - Life in Mind Australia](#)

To support the community during this period the Life in Mind team at Everymind has worked with the suicide prevention and mental health sectors, and in collaboration with the National Mental Health Commission to provide a comprehensive list of resources to support those affected.

Document ➔ [Coronavirus \(COVID-19\) – Mental health and wellbeing support for employees during the COVID-19 pandemic](#)

Aboriginal and Torres Strait Islander Resources

For the latest information about coronavirus (COVID-19) including updates from the **Australian Government Department of Health and the National Aboriginal Community Controlled Health Organisation (NACCHO)**, and a list of resources to help our community stay safe and well.

➔ [Australian Indigenous HealthInfonet – COVID-19 updates and information](#)

Gayaa Dhuwi (Proud Spirit)

Australia has some great resources on their website, such as posters about self-care and coping with stress relating to the pandemic.

➔ [Gayaa Dhuwi – Staying healthy and strong during the coronavirus outbreak](#)

The **Australian Government Department of Health** have produced a series of coronavirus social and emotional wellbeing resources for Aboriginal and Torres Strait Islander people:

➔ [Keep Your Spirit Strong resources and stakeholder kit](#)

The **Wellmob** website provides social, emotional and cultural wellbeing resources for Aboriginal and Torres Strait Islander People

➔ <https://wellmob.org.au>

