

Extra COVID-19 resources

Due to the current COVID-19 emergency, there are additional support available. Consider the following options:



NADA Worker Wellbeing e-learning - This package was put together to support AOD workers going through the COVID-19 emergency.

<https://nada.org.au/resources/worker-wellbeing/>



TEN - The Essential Network contains a range of resources for healthcare workers to get through the COVID-19 emergency.

<https://www.blackdoginstitute.org.au/the-essential-network/>



Queensland psychiatrist to support COVID-19 Healthcare workers: RANZCP

<https://www.ranzcp.org/about-us/australian-branches/queensland/psychiatrists-for-qld-healthcare-workers>



This way up! - Self-guided evidence-based online courses.

<https://www.blackdoginstitute.org.au/the-essential-network/helping-myself-and-my-team/managing-your-mental-health/this-way-up-courses/>



Pandemic Kindness Movement: Spreading only kindness - This Agency for Clinical Innovation initiative was created by clinicians for clinicians.

<https://aci.health.nsw.gov.au/covid-19/kindness>



Tipsheet for coping with change - This tipsheet was developed by the Australian Psychological Society for coping with COVID-19 changes.

<https://psychology.org.au/getmedia/326b37e4-4271-4aa2-b410-81e175f237eb/20aps-is-covid-19-public-the-new-normal-p1.pdf>



Australian frontline health workers to address psychological distress during the COVID-19 pandemic - Journal article summarising the findings of the coping strategies of over 7000 clinicians in Australia.

<https://pubmed.ncbi.nlm.nih.gov/34454341/>

Suggested citation:

Insight Centre for AOD Training and Workforce Development. Insight's Worker Wellbeing Tipsheets: Extra resources for COVID-19. [cited 2022 21 Feb]. Available from: <https://insight.qld.edu.au/shop/worker-wellbeing-extra-covid-19-resources>



Worker Wellbeing

Download more at www.insight.qld.edu.au/toolkits/worker-wellbeing/detail