

Wellbeing at Epworth

	<p>Epworth's Employee Assistance Program (EAP)</p> <p>Delivered by Converge, our EAP provides confidential, free professional counselling for all employees and their immediate family members for work and personal issues.</p>	<p>1300 687 327</p>
	<p>CoronaCare Connect</p> <p>A service created by our EAP to help during this pandemic. Expert Converge team members will call employees to check-in on their wellbeing.</p>	<p>To sign up for CoronaCare Connect, speak to your manager</p>
	<p>Emergency accommodation</p> <p>Available for Epworth employees and doctors who may be required to self-quarantine or self-isolate and not able to do so in their current accommodation.</p>	<p>Details on our intranet and website epworth.org.au (under For Employees)</p>
	<p>Ethel Gray Benevolent Fund</p> <p>Distributing the generosity of Epworth employees to support our colleagues and community members in time of need.</p>	<p>0448 217 241 workplacegiving@epworth.org.au bit.ly/EthelGray</p>
	<p>Epworth Kindness Movement</p> <p>Through generous donations from the Victorian community, we have been able to recognise our employees and doctors for their enormous contribution with coffee days at sites and other tokens of appreciation.</p>	<p>#EpworthKindnessMovement</p>
	<p>Epworth Team Facebook Community</p> <p>Stay in touch with Epworth colleagues through our private Facebook page. This is our place to connect, care for each other, have a laugh and celebrate acts of teamwork and kindness.</p>	<p>Search for this group on Facebook and join!</p>
	<p>Wellbeing at Epworth intranet page</p> <p>Information about all the wellbeing support available at Epworth plus yoga, mindfulness and other health and wellbeing resources.</p>	<p>Epworth intranet</p>
<h2>Other support</h2>		
	<p>Talk to your GP</p> <p>If you're having difficulty coping, or feeling distressed, your GP can help you access Medicare-subsidised psychological therapy sessions, plus an additional 10 sessions from your psychologist, psychiatrist, GP or other eligible allied health worker.</p>	<p>Book an appointment with your GP</p>
	<p>Lifeline</p> <p>A national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.</p>	<p>13 11 14 lifeline.org.au</p>
	<p>Beyond Blue</p> <p>Information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.</p>	<p>1300 224 636 beyondblue.org.au</p>
	<p>MensLine Australia</p> <p>A telephone and online counselling service for men with emotional health and relationship concerns.</p>	<p>1300 789 978 mensline.org.au</p>
	<p>Black Dog Institute 'TEN' - The Essential Network app</p> <p>An app designed specifically to support health professionals to manage life and work through COVID-19.</p>	<p>Download the TEN app for mobile and tablet blackdoginstitute.org.au</p>
	<p>headspace (for youth)</p> <p>With a focus on early intervention, headspace works with young people to get back on track and strengthen their ability to manage their mental health in the future.</p>	<p>headspace.org.au</p>
	<p>1800RESPECT</p> <p>Confidential information, counselling and support for people impacted by sexual assault, domestic or family violence and abuse.</p>	<p>1800 737 732 1800respect.org.au</p>