



# Online Team Talk

Looking after yourself and others during COVID-19

## About the program

This short interactive session is designed to bring together small teams using simple face-to-screen technology.

The session will be hosted by an OzHelp Wellbeing Support Officer and will highlight the importance of both physical and mental wellbeing during times of challenge and uncertainty.

This is a great way for teams of up to 6 participants to receive advice and support in a virtual group session.

### Topics covered will include:

- + Steps to maintain your overall wellbeing
- + Ways to help you stay calm
- + Media coverage and safe levels
- + Looking after your physical health
- + What is self-care and how can it help
- + Ways to offer support and stay connected

## How it works:

- + The webinar can be booked at a time to suit your workplace needs
- + Participants can join individually, or the session can be live-streamed to a group
- + OzHelp will distribute an invite to join the session. (Zoom or Microsoft Teams)

## Health screening and support (Optional)

A link to OzHelp's online health check, the Workplace Tune Up, can be offered during the session.

This is a confidential online health screen that provides specific information to participants about their own personal health situation. This also links individuals with ongoing support and/or counselling should they need it.

[Click here](#) to register your interest in this program.

“It is important to remember that during times of challenge and change, there is help”

Would you like to know more? Call us to book your Team Talk today.