



Issue 4 May 2020 - Role-Specific Advice - Protecting Mental Health during COVID-19

In this digest, a selection of information for managing mental health and wellbeing during COVID-19 is provided in relation to being a: *frontline worker; parent of young children, and/ or people leader.*

Frontline Workers

Mindspot

https://mindspot.org.au/assets/pdf/11_Psychological_Tips_for_Frontline_Staff.pdf

This document describes 11 practical psychological skills to help front line staff stay mentally resilient during this challenging time.

Beyond Blue

<https://coronavirus.beyondblue.org.au/impacts-on-my-work/essential-services/how-healthcare-workers-can-support-themselves-and-each-other.html>

This page gives tips and advice relevant to the issues faced by many emergency service personnel.

The World Health Organisation

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

This has messages for health care/frontline workers, and their managers and team leaders.

For Leaders

Workplace Mental Health Symposium

How to look after employees working from home

Attached with digest, in email

Brochure with tools, techniques and planning advice to effectively manage remote workers with respects to promoting mental health and wellbeing.

Kings Fund

COVID 19: Why Compassionate Leadership Matters in a Crises

<https://www.kingsfund.org.uk/blog/2020/03/covid-19-crisis-compassionate-leadership>

<https://www.kingsfund.org.uk/projects/leading-through-covid-19>

The Kings Fund is a UK-based, independent charity committed to supporting health and care leaders, including emergency service workers. The first link is to a blog entry about leadership in COVID, the second to practical guides and videos to lead well in COVID

CANVA

Print and social media comms resources

<https://about.canva.com/coronavirus-awareness-collection/>



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Free templates to help you share important information to stop the spread

UNICEF

Tips for leaders to support working parents

<https://www.unicef.org.au/blog/news-and-insights/march-2020/6-ways-employers-can-support-working-parents>

This brochure gives tips for employers to support working parents

SuperFriend

Leaders Guide: promoting worker wellbeing during COVID-19

<https://www.superfriend.com.au/covid-19-support/leaders-guide-covid19/>

Managing Stress as a Team

<https://www.superfriend.com.au/news/plan-for-stress-as-a-team/>

Self-Care: Tips for leaders

<https://www.superfriend.com.au/news/leader-self-care/>

Parents and Families

UNICEF

Resources for Australian parents, carers, and teachers

<https://www.unicef.org.au/our-work/unicef-in-emergencies/coronavirus-covid-19/parents-carers-and-teachers>

Emerging minds

How to talk to children about disasters or worries

<https://vimeo.com/394049129>

Phoenix Australia

Tips for self-care and families

<https://www.phoenixaustralia.org/wp-content/uploads/2020/03/Coronavirus-Families-tip-sheet.pdf>

Beyond Blue

From toddlers to teens: age-specific advice for talking about COVID

<https://coronavirus.beyondblue.org.au/i-am-supporting-others/children-and-young-people/from-toddlers-to-teens-how-to-talk-about-the-coronavirus.html>