

CKW Staff-Wellbeing Update

14th January 2022

The wellbeing, psychological safety and resilience of all CKW staff is essential. Outlined below is the latest update of all the available staff-wellbeing supports.

On-Site

- **Staff Care Room**, Caboolture Hospital
 - Quiet Space, Wellbeing Resources, Meal Break
- **CKW Care4You Peer Responders**: Use the link below to find and request peer support
 - <https://qheps.health.qld.gov.au/cabkilcoy/care4you/care4you-peer-support-program>
- **Chaplains**: On Call (0600-2200hrs, 7 days), request via Switch (5433 8888)

Off-Site

- **MNH Staff Psychology**: 3647 9673 (support via Teams and Phone)
- **Benestar**: 1300 360 364 (24/7)
- **Qld Doctors Health Program**: 3833 4352
- **Nurses and Midwives support**: 1800 667 877
- **Beyond Blue COVID Mental Health Support**: 1800 512 348

Online

- **MNH Staff Wellbeing Extranet**
 - Emotional, Financial, Physical and Social Wellbeing Resources
 - <https://metronorth.health.qld.gov.au/extranet/coronavirus/staff-wellbeing>
- **BeneHub**
 - “The always-on, always accessible resource that lets you take charge of your own wellbeing and become your best you”
 - Visit: www.benestar.com or download the BeneHub App.
 - Register using **ID: MNHHS**, & **Token: MNHHS01**

Recommendations

- **Watch (YouTube)**: “FACE COVID – How to Respond Effectively to the Corona Crisis”
 - <https://www.youtube.com/watch?v=BmvNCdpHUYM>
 - *Note: The “FACE COVID” fact sheet can be found on the MNH Staff Wellbeing Extranet*
- **Read**: “Health Anxiety”
 - <https://metronorth.health.qld.gov.au/extranet/wp-content/uploads/sites/10/2020/03/benestar-health-anxiety.pdf>
- **Do**: Complete a “Weekly Mental Health Check-in”. Use the following resource:
 - <https://www.blackdoginstitute.org.au/wp-content/uploads/2020/04/Black-Dog-Institute-Weekly-mental-health-check-in-Coronavirus.pdf>