

CKW Staff Wellbeing Update

27th 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 Chapel
 - 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>
- **Staff Psychology Open Door**
 - A virtual session offering a listening ear and exploring coping strategies for your wellbeing with colleagues and a staff psychologist
 - Every Monday, 2:30-3.15pm
 - [Click here to join the meeting](#)
- **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**

Opportunity – Support One Another

Donations are being sought to continue our **Staff Care Packages**. These packages are for staff working long hours/double shifts to freshen up. Possible items for donation are listed below. **All donations can be brought to the Caboolture Hospital Chapel.**

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|-----------------------------|--------------------|------------------------------------|
| • Face Washers | • Shampoo | • Combs/Brushes |
| • Toothbrushes & Toothpaste | • Shower Gel | • Razor |
| • Mouth wash | • Soap | • Shaving Cream |
| • Deodorant | • Shower Cap | • Individually wrapped snack items |
| | • Hand/Body lotion | |