



‘SUPPORTING THE CARERS’ – CRANAplus RESPONSE TO THE NSW DROUGHT

The social and emotional impact of the severe drought in New South Wales is far-reaching and affects everyone in rural and remote communities. Health, Allied Health and other community workers, as the cornerstone of community support, are experiencing an increased demand in complex workload. It is important that the mental health of these workers be a focus of intervention.

CRANAplus Bush Support Services, as the only national psychological service providing support to rural and remote health workers and their families, is in a unique position to raise awareness in drought-affected areas of the importance of self-care. Funded by the federal Department of Health, Bush Support Services Psychologists will visit many areas of New South Wales to promote best practice ways of managing stress. They will also help to provide key community workers with strategies for having difficult conversations with distressed patients and clients around suicide risk and appropriate referral to psychological services.

Bush Support Services is offering free mini workshops between February and May 2019, at venues in designated locations in and around drought affected areas of regional, rural and remote NSW (Refer table below) Light refreshments will be served. Materials and resources are free.

Nowra	Hay	Armidale	Albury	Walgett
Moruya	Mildura	Tamworth	Nerrandera	Lithgow
Bega	Broken Hill	Muswellbrook	Griffith	Orange
Cooma	Wilcannia	Dubbo	Inverell	Bourke
Yass	Cobar	Forbes	Moree	Wagga Wagga

For further information or to register an Expression of Interest please call Colleen 0448 011 956 or email colleen@crana.org.au

<https://crana.org.au/workforce-support/bush-support-services>