

Mental Health & Wellbeing

An introduction to our services



The personal and professional demands faced by those working in remote health are significant and unique. In acknowledgment of this, CRANAplus provides mental health and wellbeing support to the workforce, including a 24/7 telephone support line. This factsheet provides a brief overview of the different ways we can help.



The Bush Support Line

Our Bush Support Line provides free, confidential, 24/7 telephone support for current and emerging rural and remote health workers and their families. Staffed by psychologists with remote and cross-cultural expertise, the line provides a confidential platform through which health workers of all professions can discuss difficulties, seek advice, and develop coping strategies. Products are available to organisations to promote the service to staff, including posters, fridge magnets, lens cloths and pens.

[1800 805 391](tel:1800805391) • crana.org.au/bushsupportline

Wellbeing Workshops

CRANAplus provides free, flexible mental health and wellbeing workshops to rural and remote health workplaces throughout Australia. Our workshops are designed to help your team meet the challenges of providing health care in their unique setting. They can be delivered in person or online and are customised to meet your organisation's needs. For example, we regularly tailor our workshops to support workplaces in regions affected by natural disasters including drought, bushfire, or flood.

One of our most popular sessions is the 30-minute Wellbeing Reset. This particular workshop acknowledges the difficulty of balancing the demands of working as a health professional with those of family and community; and that sometimes the last person we care for is ourselves, even though self care is essential to staying well. It provides participants with the opportunity to check-in with themselves and outlines steps they can take to promote their own wellbeing.

Other workshop topics include:

- Effects of trauma and long-term stress, common reactions and helpful responses
- Strategies to reduce prolonged stress and enhance self-care
- Managing wellbeing and vicarious trauma
- Crucial conversations – tips on engaging people who may need support

If you are interested in arranging a workshop, contact wellbeing@crana.org.au



“The presenter’s experience and knowledge in this area shone through. It was like she understood what we are going through” – Participant

Mindful Monday Newsletter



Our psychologists deliver heartfelt, research-based advice to the inboxes of over 2500 rural and remote health workers every Monday morning. Our specialised email newsletter is a popular and straightforward way to boost resilience and start the week off on the right foot.

crana.org.au/mindfulmonday

Resources

Our written guides, webinars and audio recordings are a great starting point for rural and remote health workers who would like to better understand how to manage trauma, self care, workplace relationships, communication, sleep, living and working remotely, and other challenges.

crana.org.au/wellbeingresources