



Mental Health and Wellbeing Workshops

for Health Professionals in areas affected by Drought and Bushfire

CRANApplus has received a Commonwealth grant that enables us to support the mental health and wellbeing of health professionals in drought and bushfire affected areas. The Project aims to support the mental health and wellbeing of health professionals through education, information, resources and tools.

Online Mental Health Training Resources

CRANApplus is proud to have developed a series of freely available pre-recorded webinars, podcasts and resources available on the CRANApplus website <https://crana.org.au/>. These comprise of 12 Webinars and 4 Podcasts covering a variety of topics in support of health professionals affected by drought and bushfire.

In addition, four workshops events including Q&A session with the presenters are now available at <https://crana.org.au/education/courses/on-demand-webinars.>

Free, Flexible, Tailored Workshops in Local Communities

The Project is currently working with health services and stakeholders in local bushfire and drought affected communities to deliver a series of workshops for health professionals. These workshops are tailored to meet the needs of local health workers and can be delivered online or face to face (where current restrictions allow). Workshop content may include:

- Effects of disaster and long-term stress, common reactions and helpful responses
- Strategies to reduce prolonged stress and enhance self-care
- Strategies for building resilience and psychological preparedness for upcoming summer season
- Listening and Communicating: Tips on engaging people who may need support

For more information about these workshops contact

Kristy Hill - National Project Manager

Mobile: 0424 775 205

Email: kristy@crana.org.au

Mary Jackson - Educator and Workshop Coordinator

Mobile: 0418 672 660

Email: mary@crana.org.au