

Self-Care Resources



The importance of self-care cannot be emphasised enough to enhance and support your health and wellbeing. For many professionals, learning about end of life care or working with people at the end of life may trigger feelings of sadness or distress, or even just a need to talk or for someone to listen.

End-of-Life Essentials (EOLE) advocates proactive approaches to health care professionals' quality of life and the promotion of optimal mental health(both professional and personal).

To facilitate this, you'll find many resources in the EOLE education modules that may help. Find further information in the following:

- From Palliative Care Australia: [Practicing Self-Care](#)
- From CareSearch: [Managing Stress with protective practices](#)
- From PalliAGED: [Self-Care and Staff Support](#)

There are many ways to access information and support about your wellbeing and mental health and we have found some resources here that you may want to access yourself, or promote to colleagues or to managers within your organisation.

Personal Resources to Support Wellbeing and Mental Health

- [Headspace Australia](#)
- [Beyond Blue](#)
 - [Guiding their way back](#)
 - [Beyond Blue Beyond Now](#)
- [Black Dog Institute](#)
- [myCompass Personalised Self-help Tool](#)
- [Lifeline](#)
 - [Chat Crisis Support – 13 11 14](#)
 - [Crisis Chat 7pm – 12pm](#)
 - [Crisis Text 6pm-12am: 0477 13 11 14](#)
- [Suicide Call Back Service](#) – Online and video chat: 1300 659 467
- [QLife for LGBTIQ+](#): 1800 789 978
- [Kids Helpline](#): 1800 551 800
- [Mensline](#): 1300 789 978
- [Open Arms for Veterans and their families](#): 1800 011 046
- [Nurse and Midwife Support](#) - a 24/7 national support service providing access to confidential advice/referral.
- [Doctors' Support](#)
- [Doctor's Health Advisory Service \(DHAS\)](#)

End-of-Life Essentials is funded by the Australian Government Department of Health and Aged Care.

- [Doctors' Health and Wellbeing \(ANZCA\)](#)
- [Medical Benevolent Association \(MBA\)](#) of NSW
- [Allied Health Professionals' Support](#)

If you live outside Australia, look for your country in this international list of [Crisis Phone Lines](#) (<https://yourlifecounts.org/find-help/>)

Bereavement Support

- [Australian Centre for Grief and Bereavement](#)
- [Australian Child & Adolescent Trauma, Loss and Grief Network](#)
- [The Bereavement Care Centre](#)
- [Good Grief](#)
- [Grieflink](#)

Health Service Organisation Considerations

Leadership – ensures clear policies and strategic direction in regard to supervision for staff

- Is there a visible commitment to creating a mentally healthy workplace?
- What is the level of wellbeing of staff in the organisation?
- What is the trend of staff wellbeing?
- How do staff alert leadership of issues or solutions?

What could this then mean for employees?

- An Employee Assistance Program (EAP)
- Clinical supervision
- Support to take meal breaks at work
- Support when a critical incident occurs, and staff are upset or distressed (such as via psychologists, social workers or chaplains)

Workforce capability – reinforcing the knowledge, skills and competence to enable staff to identify the need for support

- Does the workforce know the signs of fatigue, staff stress and [moral distress](#)?
- Are [wellbeing resources](#) and services readily available to staff?
- Are there established mentorships about self-care with senior leaders?

Evaluation and Audit

- How can the hospital demonstrate that [wellbeing and support programs](#) are [developed, implemented and evaluated](#)?
- How are the knowledge and uptake of supervision, support, resources and services audited, monitored and adapted to local need?

