Self-Care Resources

end-of-life ESSENTIALS
education for acute hospitals

The importance of self-care cannot be emphasised enough to enhance and support your health and wellbeing. For many healthcare 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 to someone who will listen.

End-of-Life Essentials (EOLE) advocates proactive approaches to healthcare 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 for your wellbeing and mental health. The following resources have been collated for you to access yourself or promote to colleagues or managers within your organisation.

Health Service Organisation Considerations

Leadership – ensures clear policies and strategic direction regarding supervision for staff

- Is there a visible commitment to creating a mentally healthy workplace?
- What is the level of staff wellbeing in the organisation?

- 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 (e.g., 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?

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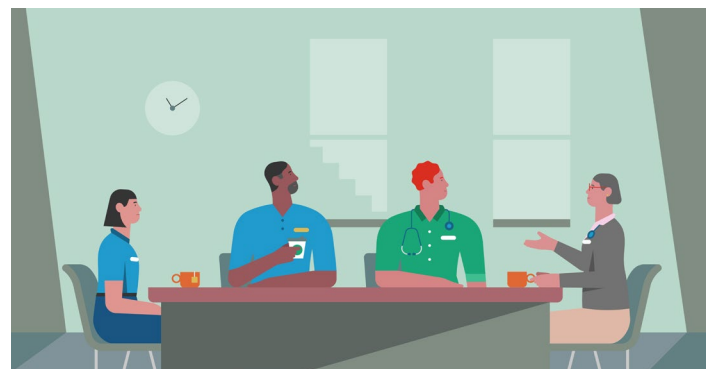
Resources

Personal Resources to Support Wellbeing and Mental Health

• Headspace Australia

• Beyond Blue

  ◦ Resource library

  ◦ Beyond Now suicide safety plan

• Black Dog Institute

• myCompass self-help tool for mental health

• Lifeline

  ◦ Crisis Phone Support: 13 11 14 (available 24/7)

  ◦ Crisis Text Service: 0477 13 11 14 (available 24/7)

  ◦ Crisis Chat Support (available 24/7)

• Suicide Call Back Service – Online and video chat: 1300 659 467

• QLife for LGBTIQ+: 1800 184 567

• Kids Helpline: 1800 55 1800

• Mensline Australia: 1300 78 99 78

• Open Arms Veterans and Families Counselling: 1800 011 046

• Nurse and Midwife Support: 1800 667 877 (available 24/7)

• Drs4Drs Doctors' Support

• Doctors' Health

• Doctors' Health and Wellbeing (ANZCA)

• Medical Benevolent Association (MBA) of NSW-ACT

• Phoenix Australia – Posttraumatic Mental Health Support

If you live outside Australia, look for your country in this international list of Crisis Phone Lines (Your Life Counts)

Bereavement Support

• Grief Australia

• Trauma and Grief Network

• National Centre for Childhood Grief

• Griefline

• GriefLink

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