

Wellbeing for the Bush

ADDITIONAL SUPPORT

We've compiled a list of support and crisis lines and other mental health resources as a quick go to for when you're needing a little extra support. If you are unsure where to access support, don't hesitate to contact the Bush Support Line to discuss your options.



**BUSH
SUPPORT
LINE** Since 1997
1800 805 391

Our Bush Support Line provides high-quality, free, confidential, 24/7 telephone support for the rural and remote health workforce, and their families.

1800 805 391
crana.org.au/bushsupportline

Support Lines for Health Workers



Nurse & Midwife Support — 24/7 support for nurses and midwives.
Phone 1800 667 877 nmsupport.org.au



DRS4DRS — 24 hour crisis support for doctors and medical students.
Phone 1300 374 377 drs4drs.com.au



RACGP GP Support Program — 24/7 support for GPs for traumatic incidents or crisis counselling. Face-to-face counselling also available. Phone 1300 361 008 racgp.org.au



Pharmacists' Support Service — A free service run by pharmacists for pharmacists. Every day from 8am to 11pm AEST. Phone 1300 244 910 supportforpharmacists.org.au

National Crisis and Support Lines



Lifeline — 24/7 confidential support from a trained Lifeline crisis supporter.
Phone 13 11 14 lifeline.org.au



13Yarn — Culturally safe, confidential, one-on-one yarning opportunity for mob who are feeling overwhelmed or having difficulty coping. Available 24/7. Phone 13 92 76 13yarn.org.au

Mental Health and Wellbeing Resources and Information



CRANApplus has developed a series of resources, tip sheets and tools to support the mental health and wellbeing of the remote and rural health workforce. crana.org.au/wellbeingresources



WellMob collates social, emotional and cultural wellbeing online resources for Aboriginal and Torres Strait Islander People. wellmob.org.au



eMHprac connects health professionals to online programs, resources, primary care information and digital mental health resources. emhprac.org.au



Black Dog Institute provides research-informed mental health resources and support tools that are recommended by professionals. The associated TEN (The Essential Networks for Health Professionals) helps healthcare workers find resources and support to manage burnout and maintain good mental health. blackdoginstitute.org.au & blackdoginstitute.org.au/the-essential-network



Australian Psychological Society provides information and resources on varied psychology topics. psychology.org.au/for-the-public/psychology-topics



Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. beyondblue.org.au



This Way Up provides a suite of tailored online treatment courses. thiswayup.org.au



Phoenix Australia is the Centre for Posttraumatic Mental Health. They provide a range of resources, online training, and treatment guidelines for health practitioners. phoenixaustralia.org



Head to Health offers over 500 digital mental health resources from trusted service providers to support your wellbeing and mental health. headtohealth.gov.au



Wellbeing Workshops

CRANApplus provides free, flexible 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. Interested in arranging a workshop? Email us at wellbeing@crana.org.au