

Self-care

Sometimes when we talk about mental health and wellbeing, it's easy to just think about mental health difficulties. This component is not designed to answer all the questions that might come up about mental health difficulties. If you need to, remind your team there will be more information about helping children with mental health difficulties in Component 4. You might like to keep a record of the questions that come up as you go. You can also consult with your Facilitator if there is something you are particularly concerned about.

Some of the activities in this Professional Learning involve group discussions and sharing stories. Educators should be encouraged to participate in these activities

in a way they are comfortable with. Talking about mental health can be sensitive for some people and can raise issues related to past or present experiences. Being aware of this as a Leadership Team can help to ensure your group is supported as you work your way through the Professional Learning.

If something does come up that educators would like support with on a personal level, it is recommended that the Leadership Team compile a list of community-based agency contacts. This can include any employee assistance program your service offers. Here are some useful contacts to help you get started.

ORGANISATION	PHONE	WEBSITE	SERVICES PROVIDED
Lifeline	13 11 14	www.lifeline.org.au	24-hour telephone counselling
<i>beyondblue</i>	1300 224 636	www.beyondblue.org.au	Information line
SANE Australia	1800 187 263	www.sane.org	Information line: 9.00am–5.00pm weekdays Online helpline, factsheets, resources
Australian Psychological Society (APS)	www.psychology.org.au/FindaPsychologist		Find a Psychologist service

