



COMMUNITY
BROKER
NETWORK

Your Wellbeing

The outbreak of the coronavirus COVID-19 has impacted people in varying ways on an international scale. It is understandable that during times like this, people may be feeling afraid, worried, anxious and overwhelmed by the constantly changing alerts and media coverage regarding the spread of the virus.

It is extremely important to seek out help if you feel you need it. We want to remind everyone that there many support options that can help you, a friend or a loved one.

- Talk to someone you trust
- Contact your GP, a counsellor, psychologist or psychiatrist
- Visit a hospital emergency department.
- AccessEAP (see details below)
- Contact national wellness counselling providers including:
 - Lifeline Australia – 13 11 14
 - Kids Helpline – 1800 55 1800
 - MensLine Australia – 1300 78 99 78
 - Suicide Call Back Service – 1300 659 467
 - Beyond Blue – 1300 22 4636

Access EAP

CBN also provides access to a voluntary, confidential and complimentary counselling service via our partnership with Access EAP. All employees have access to 2 sessions per year. AccessEAP is designed to assist employees to develop strategies and behaviours to help deal with difficult situations.

Simply call AccessEAP 24 Hour Hotline: 1800 818 728 and provide your name and let them know you are from Community Broker Network.

Get moving

To ensure everyone is taking breaks and / or doing exercise can we in the next round of staff comms include links for simple exercises that can be done at your desk: examples below



<https://www.tinypulse.com/blog/sk-desk-exercises>

<https://www.webmd.com/fitness-exercise/features/exercise-at-your-desk#1>

<https://www.youtube.com/watch?v=0Dp2rL397jA> – ten minute stretch at your desk

<https://www.womenshealth.com.au/exercises-you-can-do-at-work>