



The impacts of the coronavirus (COVID-19) outbreak, physical distancing and isolation can make us feel anxious, stressed and worried. Read about what you can do to look after your mental wellbeing and look out for those around you as we tackle these challenges together. We have outlined below the available resources and services:

## 1. CBN Support

### HR TEAM

Talk to Olivia or Nese if you need support or guidance. We are here for you!

### PROFESSIONAL COUNSELLING

CBN 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.

You can access the counselling sessions for work or personal reasons impacting your health or quality of life such as:

- Stress, anxiety and depression
- Work life balance
- Relationships
- Conflict
- Goal setting and career planning
- Smoking and alcohol management
- Family and parenting

### TAKING LEAVE

Regular time out is a key part of managing work life balance so don't forget to take your annual leave. If things are getting on top of you though, talk to your team manager and organise some time out to get things back on track.

- 2 wellbeing days per year – no questions asked!
- Your personal or annual leave
- Talk to your Manager about the support you need!

### FLEXIBLE WORK

If you need extra time to support your children with homeschooling or care, please discuss with your Manager and work out a schedule that works for you. Please refer to the CBN Flexibility policy for further guidance.

### CBN BUDDY

We all need a buddy sometimes. We will partner you with a buddy who will:

- At the beginning of the week, discuss your weekly commitment to break time and your work pattern
- Catch up daily or on a schedule that works for you and your buddy – this is an opportunity to check in and connect with people you might not normally have the opportunity to talk to.

**AccessEAP**  
**24 Hour Hotline:**  
**1800 818 728**

**It's your leave to take,  
so take the time you  
need!**

**Remember ALL leave  
must be submitted  
through XERO!**



## 2. Government Support

Mental health remains one of our Government's highest priorities, and we all recognise the mental health impact the COVID-19 pandemic is having on individuals and communities, particularly those in areas such as Victoria, where stronger measures are needed to stop the spread of the virus.

### TALK TO YOUR GP

We encourage you to talk to your GP about a Mental Health care plan. If you have a mental health care plan, you will be entitled to Medicare rebates for up to 10 individual and 10 group appointments with some allied mental health services in a year. That means for certain psychologists, occupational therapists and social workers, you are also entitled to Medicare rebates for 10 individual and support group sessions in a year.

Your doctor can give you a referral to allied mental health services in your area. Or you can get more information from Beyond Blue, which includes a search tool to locate mental health professionals near you.

The Government has introduced an additional 10 sessions available to all Medicare holders to allow people in eligible areas who have used their 10 sessions to continue to receive mental health care from their psychologist, psychiatrist, GP or other eligible allied health worker.

### FOR MORE INFORMATION, SPEAK TO YOUR GP. HEAD TO HEALTH

Head to Health ( <https://headtohealth.gov.au/>) is a digital mental health gateway launched by the Australian Government to connect Australians to online and phone mental health services appropriate for their individual needs. They include free or low-cost apps, online support communities, online courses and phone services that are private and secure. Head to Health is not only helpful when seeking support for a mental health condition, it also provides information about staying mentally well.

Click the link to find out more information about [how to access Government mental health services](#) . You can also check out the range of [phone and online services](#) which can offer mental health support. Resources and tools that can help manage financial stress can be accessed [here](#).

## 3. Other Resources

There are many services that can help you, a friend or a loved one. You can contact national wellness counselling providers including:

- Lifeline Australia – 13 11 14
- Kids Helpline – 1800 55 1800
- MensLine Australia – 1300 78 99 78
- Beyond Blue – 1300 22 4636