

# Staff Wellbeing

*“It is health that is real wealth  
and not pieces of gold and silver.”*  
**Mahatma Gandhi**



Welcome to the staff wellbeing component of our wellbeing hub

Whether you're doing it tough at home, suffering from the drone of the Covid-19 lockdown restrictions or just wanting to help you to keep your mind healthy and relaxed. You can feel free to use the resources and links on this website to help you whenever you need it.

Wellbeing website staff wellbeing intro

## Employee Assistance Program (EAP)



<https://www.education.vic.gov.au/hrweb/Documents/OHS/EAPfacts.pdf>

## Headspace



<https://headspace.org.au/>

## Beyond Blue



<https://www.beyondblue.org.au/>

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## The Resilience Project



<https://theresilienceproject.com.au/>

## Smiling Mind



<https://www.smilingmind.com.au/>

## Lifeline



<https://www.lifeline.org.au/>

### **ABC Everyday: 40 practical things that can help your mental health during a lockdown**



[https://www.abc.net.au/everyday/things-to-do-help-mental-health-during-covid-lockdown/100388366?utm\\_campaign=abc\\_everyday&utm\\_content=facebook&utm\\_medium=content\\_shared&utm\\_source=abc\\_everyday](https://www.abc.net.au/everyday/things-to-do-help-mental-health-during-covid-lockdown/100388366?utm_campaign=abc_everyday&utm_content=facebook&utm_medium=content_shared&utm_source=abc_everyday)