

Group wellbeing session

NOW AVAILABLE

As a frontline or emergency support worker, it's important to maintain your mental health and wellbeing.

You are invited to join a group wellbeing session with psychologists from the Australian Psychological Society's (APS) Disaster Response Network (DRN).

The session will focus on providing you with helpful wellbeing insights such as:

- ✓ Understanding the potential impacts of your role.
- ✓ Knowing the risks and protective factors to support your wellbeing.
- ✓ Learning ways to monitor your wellbeing and overcome barriers to seeking help.
- ✓ Strategies to practice for good self-care.



Speak to your manager or people and culture team to find out more.

**Disaster
Response
Network**

An APS Community Initiative