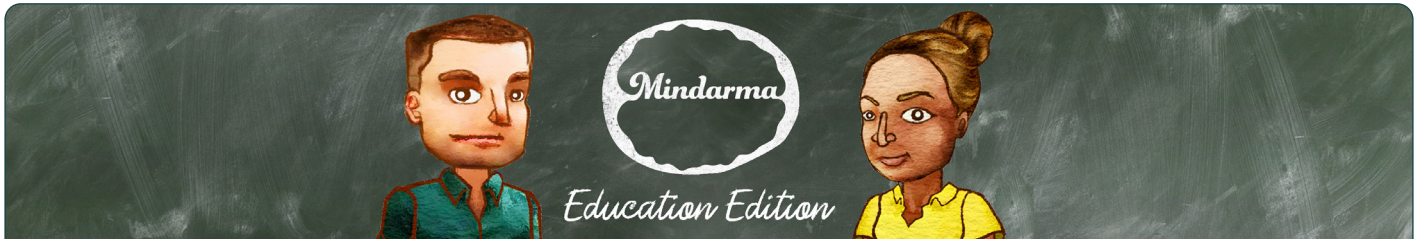


Educator Mental Health Resources



The Mindarma Education Edition has been created specifically for teachers and principals. Discover how this evidence-based e-learning program protects mental health, builds resilience and equips educators with essential psychological skills. Contact info@mindarma.com to arrange a complimentary trial.

The Mindarma Education Edition is available at a discounted rate of \$49.50 per learner for 12 months unlimited access. To purchase online, please use the discount code **EDUAU_50** [here](#) or [contact us](#) to make arrangements.

Research and reports

Australian education survey examining the impact of COVID-19 – report summary

Ziebell, Acquaro, Pearn & Seah (2021)
Download [here](#)

Reflections on teaching and learning during COVID-19 in Queensland independent schools

Ziebell, N. & Robertson, L. (2021)
Download [here](#)

Being a teacher during COVID-19: PURSUIT, Melbourne University

Ziebell, Acquaro, Seah, & Pearn (2021)
Download [here](#)

BDI research review: School teachers: the forgotten frontline workers of COVID-19

Beames, Christensen & Werner-Seidler (2021)
Download [here](#)

Teacher Wellbeing and COVID-19: CSI Response for Teachers and Schools

Varadharajan, M. (2020) Centre for Social Impact
Download [here](#)

Teacher Wellbeing During a Pandemic: Surviving or Thriving?

Dabrowski, A. (2020) Australian Council for Educational Research (ACER)
Download [here](#)

Teacher Wellbeing: A review of the literature

McCallum, Price, Graham & Morrison (2017)
Association of Independent Schools, NSW
Download [here](#)

Australian support services

Your local GP

Your General Practitioner can provide support for mental health issues.

If your doctor feels you would benefit from additional support, they may refer you to a psychologist or psychiatrist. In Australia a Medicare rebate is provided for up to 20 sessions with a psychologist each year.

Employee Assistance Program

Many organisations offer programs that allow employees to access free psychological assistance. Enquire with your employer to find out whether your organisation offers an Employee Assistance Program.

Black Dog Institute

www.blackdoginstitute.org.au

The Black Dog Institute provides a range of online resources and support programs regarding mental health.

Online clinic

Black Dog Institute's free online clinic tool can be found [here](#).

HeadGear

A free app that guides you through a 30-day mental fitness challenge which includes mindfulness tasks and exercises.

Download HeadGear through the [App Store](#) or [Google Play](#).

Self-care plan

Self-care refers to the activities and practices that we deliberately choose to engage in on a regular basis to maintain and enhance our health and wellbeing. Create a self-care plan [here](#).

Black Dog Institute's Social and Emotional Wellbeing Resources for Aboriginal and Torres Strait Islander Peoples

This page includes a range of social and emotional wellbeing resources for First Nations people. Information can be found [here](#).

myCompass

Free online myCompass program (for anxiety and depression) can be found [here](#).

Lifeline

Phone: 13 11 14

www.lifeline.org.au

Lifeline provides free anonymous 24/7 generalist counselling that does not discriminate. If you are experiencing a personal crisis, Lifeline can help.

Beyond Blue

Phone: 1300 22 4636

www.beyondblue.org.au

Beyond Blue provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

SANE Australia

Phone: 1800 18 7263

www.sane.org

The SANE help centre provides the information, guidance and referral you need to manage mental health concerns.

Suicide Call Back Service

Phone: 1300 659 467

www.suicidecallbackservice.org.au

This is a 24/7 referral line for people at risk of suicide, people caring for someone who is suicidal, or people bereaved by suicide. The service offers six 50-minute telephone counselling sessions to people over 18 years, and up to two call-backs to professionals.

International support services

New Zealand

Samaritans Aotearoa

Phone: 04 473 9739 or 0800 726 666

www.samaritans.org.nz

Ireland and the United Kingdom

Samaritans

Phone: 116 123

www.samaritans.org

Worldwide

A list of helplines available worldwide can be accessed at www.befrienders.org

Educator Mental Health Webinar

This 60 minute webinar features panellists:

- **Dr Natasha Ziebell**
Senior Lecturer, Melbourne Graduate School of Education, University of Melbourne
- **Mr Brandon Taylor**
Mental Health and Wellbeing Manager, Queensland TAFE
- **Ms Annabelle Lee**
Primary School Teacher, NSW; and
- **Dr Sadhbh (Sive) Joyce**
Senior Psychologist, Mindarma/UNSW.

The panel discuss the current psychological stressors facing educators as well as what can be done to improve their mental health.

Moderated by **Mr Tasman Cassim** from The Black Dog Institute.

A recording of this webinar can be found [here](#).



**Black Dog
Institute**