

Health Professional Resources Self-Care & Wellbeing

- [On-demand, accredited webinars for health professionals](#)
 - #27 Burnout
 - #40 Who is looking after us? Supporting health care workers during COVID-19
- [Expert Insights podcasts for health professionals](#)

Tackling important mental health topics and providing expert knowledge from and for health professionals

 - #31 Exploring vulnerabilities and barriers to help seeking for health care workers
 - #38 Disclosure of mental illness in medical practitioners
- [Being Well podcast](#)

Sharing inspiration through the words of people with a lived experience of mental health.
- [Mental Health Community of Practice](#)

A private online community for health professionals with an interest in mental health. The community combines education and knowledge sharing activities.
- [TEN \(The Essential Network\) for Health Professionals](#)

This free service connects health professionals to a network of essential resources and supports to navigate burnout and maintain good mental health. It offers:

 - Self-guided mental health screening
 - Evidence-based tools and resources
 - Peer support with Hand-in-Hand
 - Digital mental health programs
 - Connection to one-on-one clinical care
 - [Navigating Burnout program](#)
- [Working Towards Wellbeing video series](#)

Designed to help health practitioners learn evidence-based skills which enhance mental wellbeing and resilience.