

# PHN Support for Wellbeing and Resilience

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26 April, 2021

WE ACKNOWLEDGE THE TRADITIONAL OWNERS & CUSTODIANS OF THE  
LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.





# GENERAL PRACTICE WELLBEING GRANTS

The PHN is offering General Practice the opportunity to receive a one-off small grant of \$200 to support activities or events that promote wellness, social connectedness and resilience amongst the general practice workforce. The funds can be used for a variety of initiatives, such as:

- Morning/afternoon tea to promote social connectedness in recognition of the hard work undertaken over the last 12 months
- Team activity such as yoga, tai chi, etc
- A team movie night
- Contribution to team dinner
- Hire of guest speaker to discuss wellness/resilience.

The PHN will provide a complimentary information resource that contains mental health, resilience, and wellness information to support events or initiatives.

To apply, complete the form at [https://peoplebank.hnecphn.com.au/general-practice-wellbeing-grants/survey\\_tools/wellbeing-grant-application-form](https://peoplebank.hnecphn.com.au/general-practice-wellbeing-grants/survey_tools/wellbeing-grant-application-form).

**General Practice Wellbeing Grants will close on 30th May 2021.**





# MEMBER ASSISTANCE PROGRAM (MAP)

The PHN is continuing to fund its Member Assistance Program (MAP) and offer free access to confidential and complimentary counselling service to Allied Health providers and General Practices.

Employees from General Practices and Allied Health services in the Hunter, New England and Central Coast can access three (3) free, voluntary, confidential counselling sessions. Telehealth sessions are also available.

MAP can assist when personal, family or work related concerns are impacting on the health or quality of life and also when guidance is needed on professional or personal goals through professional and experienced counselling sessions.

To ensure personalised service, phone the dedicated Member Assistance Program number **1800 931 711** and advise them what business you belong to and that you are accessing the HNECCPHN account.

[Download information brochure.](#)

Confidentiality is assured and your name and organisation will not be disclosed to the PHN or your organisation.





# CELEBRATING AND RECOGNISING YOUR SUCCESSES

## COVID-19 Showcase: Sharing Success and Supporting Recovery

The PHN is currently inviting expressions of interest to present at the upcoming COVID-19 Showcase event on 26th and 27th May.

Information and the EOI form are available at <https://peoplebank.hnecphn.com.au/covid-19-showcase>.

**Submissions close this week.**

The image is a screenshot of the People Bank website's COVID-19 Showcase page. At the top, the People Bank logo is on the left, and a search bar is on the right. Below the logo, navigation links for 'Primary Health Network Website' and 'Closed Groups' are visible. The main header features a large banner with the text 'COVID-19 Showcase Sharing Success & Supporting Recovery' over a background image of healthcare workers. The dates 'MAY 26 & 27, 2021' and 'IN PERSON & VIRTUAL EVENT' are also displayed. Below the banner, the page title 'COVID-19 Showcase' is followed by social media icons. The main content area includes the event title, a call to action for expressions of interest, and a brief description of the event's purpose. On the right side, there are two sidebars: 'Key Dates' showing the EOI closing date and the event dates, and 'Who's Listening'.



# CELEBRATING AND RECOGNISING YOUR SUCCESSES

## Primary Care Quality & Innovation Awards

Submissions are currently being accepted by the PHN for the inaugural awards event on 10th June.

Information and the nomination form are available at

<https://peoplebank.hneccpnh.com.au/2021-primary-care-awards>.



PEOPLE BANK

Primary Health Network Website Closed Groups Sign In | Register

Search

PRIMARY CARE QUALITY & INNOVATION Awards 2021

Home » 2021 Primary Care Quality and Innovation Awards

### 2021 Primary Care Quality and Innovation Awards

Primary care providers, general practitioners and clinicians across the Hunter, New England and Central Coast regions who set the gold standard for innovation, efficiency and effectiveness in health care will be recognised at our inaugural awards night.

Nominations open on March 29, with five award categories that span innovation, technology, diversity and more.

A shortlist of finalists will be announced before winners are revealed at a gala event in Newcastle in June (COVID restrictions pending). More information about the awards ceremony will be released closer to the event.

You should read the Award Guidelines before completing a nomination form.

#### Key Dates

Nominations open	29 March 2021
Nominations close	03 May 2021
Finalists announced	17 May 2021
Awards ceremony	10 June 2021



# HEALTHPATHWAYS

## Central Coast HealthPathways website

<https://centralcoast.healthpathways.org.au/>

[Medical Practitioners' Health](#)

[Mental Health Helplines](#)

[Online Mental Health Therapy for Adults](#)

[Community Mental Health Support](#)

## Hunter New England HealthPathways website

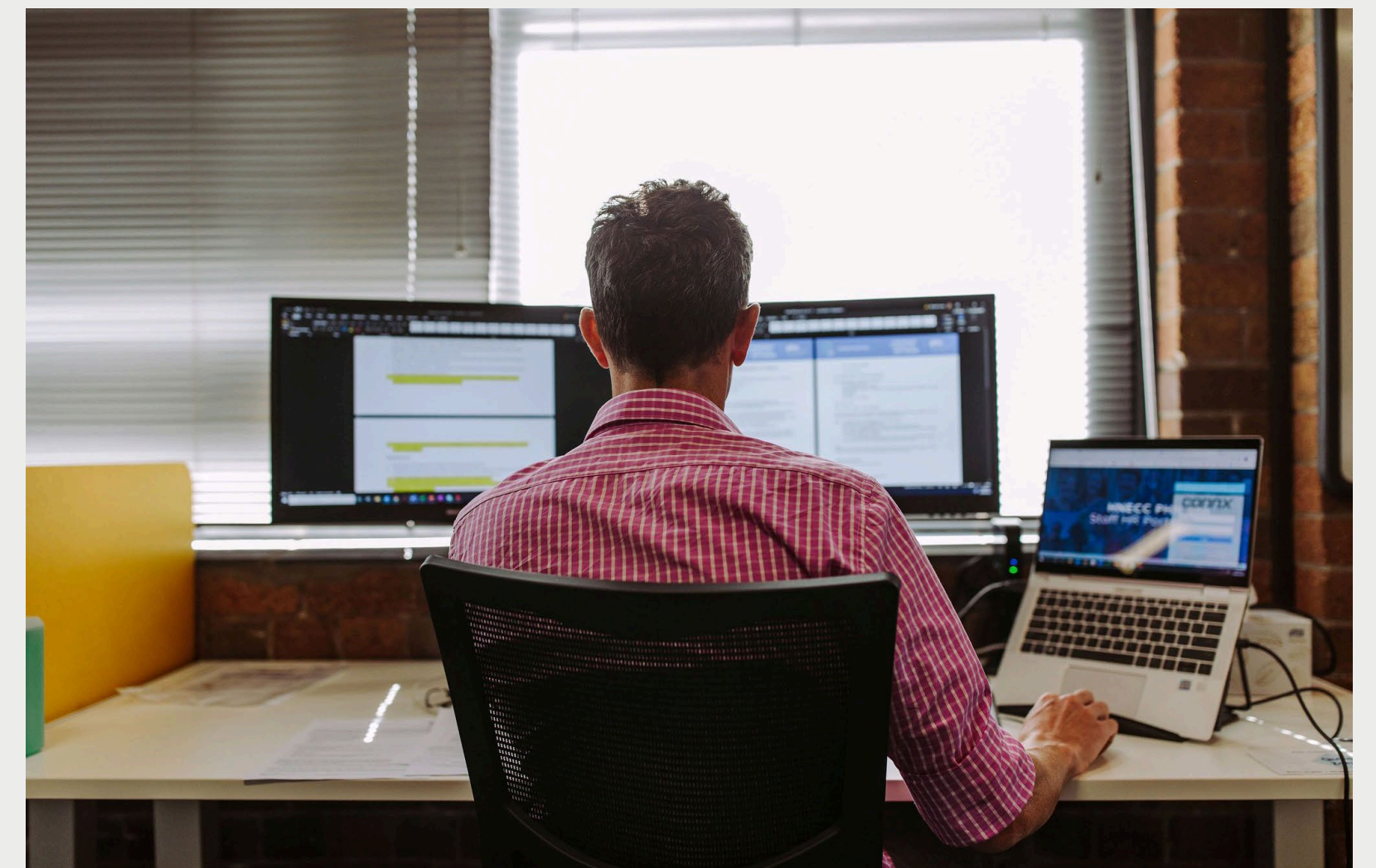
<https://hne.communityhealthpathways.org/>

[Medical Practitioners' Health](#)

[Patient Mental Health Hotlines and Telephone Counselling](#)

[Electronic Mental Health Services - Online Treatment Programs](#)

[Non-clinical Community Mental Health Support](#)





# PATIENT INFO

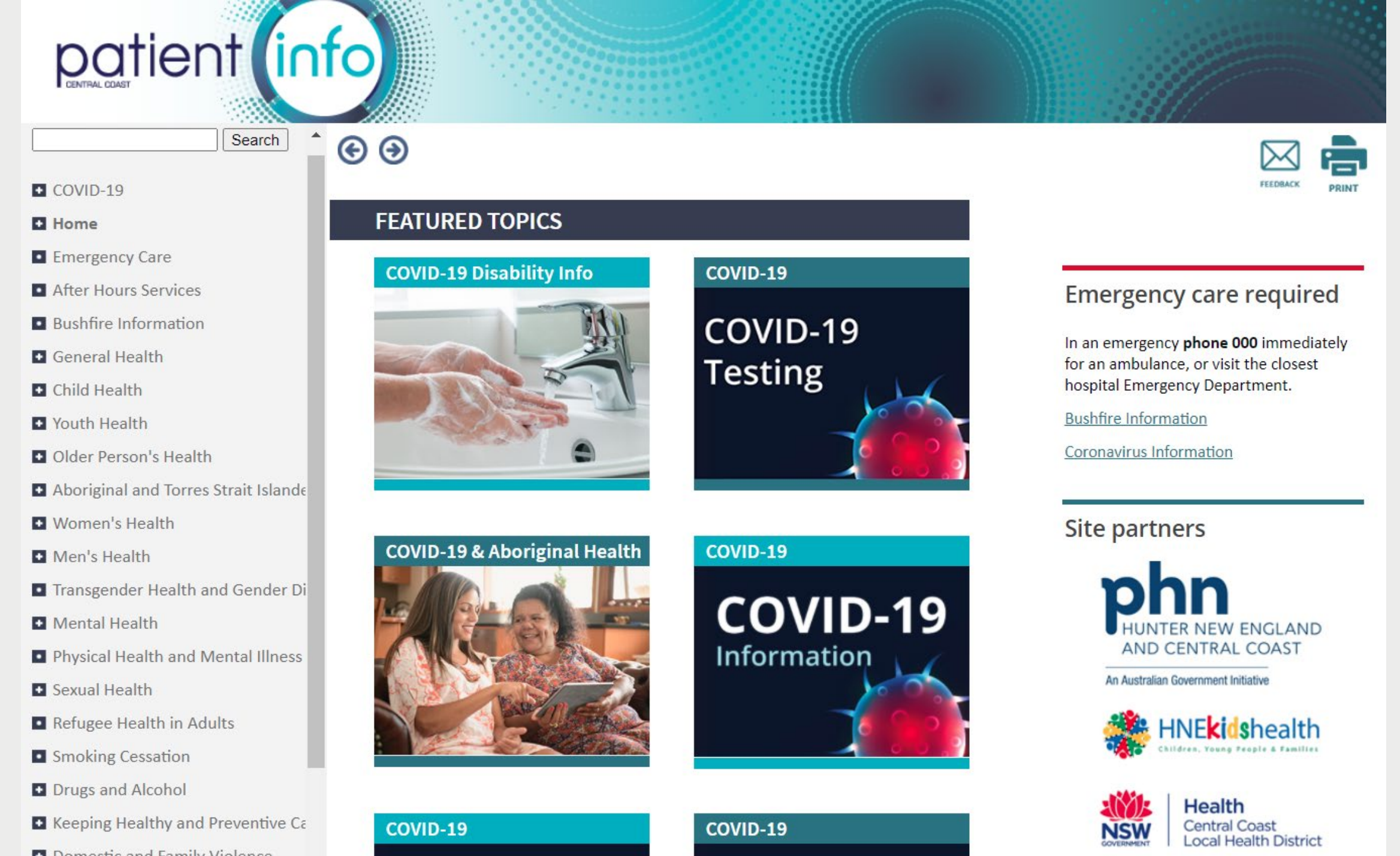
## Central Coast Patient Info website

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

[COVID-19 Mental Health Supports](#)

[Mental Health](#)

[Keeping Healthy and Preventive Care](#)



## Hunter New England Patient Info

<http://patientinfo.org.au/>

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