

# CreatingWell

## Working Sustainably in Communities

### ***Some current options for support for Self-care and wellbeing in the arts***

APS Fact Sheet **Medicare Mental Health Rebates** <https://www.psychology.org.au/for-the-public/Medicare-rebates-psychological-services> To be eligible to receive psychological services under Medicare (10 session plan), a person must be referred by their GP and in some instances by another medical specialist. Speak to your GP about your eligibility to claim these Medicare benefits and the best person to make your referral.

The **Arts Wellbeing Collective** <https://www.artswellbeingcollective.com.au/about/> is an Arts Centre Melbourne initiative that comprises a consortium of Victorian arts and cultural organisations whose shared vision is to effect better mental health and wellbeing for performing arts workers. The program will roll out across three years, 2018 – 2021. Arts Wellbeing Collective workshops and resources are open access and free of charge. Membership to the Arts Wellbeing Collective is free and open to all performing arts workers and organisations.

**Australian Society for Performing Arts Healthcare** <https://www.aspah.org.au/members/> A members directory of healthcare professionals. Its members comprise a broad range of individuals who work as, or have worked with, performing artists at many levels, and who share a passion and common belief in their health and wellbeing.

**Equity Wellness – MEAA**  
<https://www.meaa.org/campaigns/equity-wellness/>

**Support Act Wellbeing Helpline** 1800 959 500 <https://supportact.org.au/wellbeinghelpline/> offers a free and confidential helpline to anyone working in Australian arts who needs to talk to someone about any aspect of their wellbeing. The service also offers specific urgent support for people who may be a risk to themselves or others. It is accessible 24 hours a day, 365 days per year.

**Australian Alliance for Wellness in Entertainment (AAWE)**  
<https://www.entertainmentassist.org.au/wellness/> is a cross-sector peer-to-peer initiative, for shared interest in positive mental health and wellbeing behaviours for a sustainable Australian entertainment industry.

**Entertainment Assist** - <https://www.entertainmentassist.org.au/> Visit for links to online, telephone counselling, and more.

**Australian Creative Arts Therapies Association** <https://acata.org.au/about-us/> directory of professionally qualified practitioners by specialisation or location

**The Big Anxiety** Great new investigation from the Arts community <https://www.thebiganxiety.org/>

### ***Support from other high performance areas:***

Climate Wellbeing Network <http://www.climatewellbeingnetwork.com.au/about.html>  
Exploring the different ways that we, (as activists, therapists and researchers), can work together to engender creative responses to feelings of burnout, isolation, depression, environmental grief and despair.

**Plan to thrive** <http://plantothrive.net.au/resources/> | health support for high performance a collaborative blog project to encourage and support the health and wellbeing of people and groups engaged in working for social and ecological justice.

# CreatingWell

## Working Sustainably in Communities

Mental Health Support in **high performance sport** <https://www.eis2win.co.uk/resources/mental-health-support-in-high-performance-sport/> not arts but we work within the same pressures

**Mental note Consulting** <http://mentalnotesconsulting.com.au/mental-health-in-sport/> people who thrive on working with other people to get the most out of their sport, work, or life performance.

### **Broader community Contacts:**

**If you or someone you know is at immediate risk, please contact the Emergency Services on 000.**

**Head to Health** <https://headtohealth.gov.au/> can help you find digital mental health services from some of Australia's most trusted mental health organisations. Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

**Lifeline** 13 11 14 a national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services.

**beyondblue** 1300 224 636 <https://www.beyondblue.org.au/> provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live. The Beyond Blue online forums are also a great way to connect with people online, in a safe and anonymous environment, to discuss anxiety, depression, suicide and a range of life issues. Anyone in Australia can participate in discussions, connect with others and share their experiences with our community.

**NACCHO** <https://www.naccho.org.au/> is the national peak body representing the Aboriginal Community Controlled Health Services (ACCHSs) across the country on Aboriginal health and wellbeing issues

**Suicide Call Back Service** 1300 659 467 is a nationwide service that provides 24/7 telephone, video and online professional counselling to people who are affected by suicide.

**DirectLine** 1800 888 236 <https://www.directline.org.au/> provides confidential alcohol and drug counselling and referral for people of all ages and backgrounds in Victoria, Australia.

**Griefline** 1300 845 745 <https://griefline.org.au/> is Australia's only dedicated grief helpline service that provides counselling support services free of charge to individuals and families.

**Headspace** 1800 650 890 <https://headspace.org.au/> is a national youth mental health foundation dedicated to improving the wellbeing of young Australians.

**SANE** <https://www.sane.org/> work includes mental health awareness, online peer support and information, stigma reduction, specialist helpline support, research and advocacy.

**Switchboard Victoria** 1800 184 527 is a community based not for profit organisation that provides peer based, volunteer run support services for lesbian, gay, bisexual, transgender, queer and intersex people and their friends, families and allies.

**Black Dog institute** <https://blackdoginstitute.org.au/> clinical information and resources and list of support groups in each state/territory

**Mens Line Australia** 1300 78 99 78 - <https://mensline.org.au/> support for men with family and relationship concerns. Anywhere, Anytime

**Embrace Multicultural Mental Health** <https://embracementalhealth.org.au/> Embrace Multicultural Mental Health (the Embrace Project) is run by Mental Health Australia and provides a national focus on mental health and suicide prevention for people from culturally and linguistically diverse (CALD) backgrounds.

**Kids Helpline** 1800 55 1800 A free, private and confidential telephone and online counselling service specifically for young people aged between 5 and 25.

**Relationships Australia** 1300 364 277 <http://www.relationships.org.au/> A provider of relationship support services for individuals, families and communities.

**PLEASE LET US KNOW IF YOU HAVE OTHER INITIATIVES, CONNECTIONS AND RESOURCES THAT YOU HAVE FOUND USEFUL SO WE CAN SHARE**