

## How are you feeling today?

The Government's recent announcement of the change in COVID-19 alert levels puts pressure on healthcare workers across the country.

As busy healthcare workers it's often hard to find the time to look after ourselves. And if we're not at our best, we can't best support those who are relying on us.

Healthcare workers are not immune to the impacts of workplace stress, and right now more than ever there is pressure on us to perform.

If you are experiencing any of the following, it could be a sign you need to take some time to care for yourself:

- Feelings of disconnect from your work, your family or home life
- Tiredness and lack of motivation
- Helplessness - the unpredictable nature of pandemics or accidents can leave us feeling helpless and vulnerable
- Fear or worry you won't be able to stay in control
- Withdrawn

If you're a healthcare worker and want someone safe and supportive to talk to, we can help. Take some time to focus on your own health and wellbeing today and call or email our confidential, fully funded psychology support service.

HealthCare NZ is proud to provide this free psychological support service as part of the Ministry of Health's COVID-19 National Psychosocial Campaign. We have been providing community health, nursing, disability and mental health & wellbeing services to New Zealanders for over 30 years, with over 7,500 staff working across communities nationwide. We're healthcare workers ourselves, and we understand your job as well as the associated stresses.

Call our confidential line **9:00am - 7:00pm Monday - Friday on 0800 820 080** or email us anytime [hcnz.wellbeing@healthcarenz.co.nz](mailto:hcnz.wellbeing@healthcarenz.co.nz) and make an appointment to talk to us at a time that suits. There's no obligation or cost to you.

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