

# MONTHLY MENTAL HEALTH UPDATE

## FEBRUARY 2021

Kia ora koutou

As we move through alert levels this month and cope with the stresses associated with the changes the New Zealand Medical Journal has a well-researched article on the Impact of Burnout on Empathy Vol.134, No. 1530; 19 Feb 2021. It is well worth the read as we consider the health care of ourselves and not only patients. In brief summation the research concluded:

- 45% of Senior Medical Officers suffered high levels of burnout which was characterised by emotional exhaustion, depersonalisation, and a low sense of person accomplishments.
- Those younger than 50years present as most at risk of burnout.
- Time since annual leave had a significant impact on both the average empathy and burnout score.
- Reducing burnout and enhancing empathy has favourable outcomes for doctors and patients alike.
- Caring for others should not come at the expense of a doctors own physical, mental, spiritual, and social well-being. A holistic approach to addressing burnout should be taken as the causes are many and varied.

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Please remember that there is free counselling support available to frontline healthcare professionals – call 0800 820 080 or visit [Healthcare NZ](https://www.healthcare.nz) for more information.

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### Togetherall - A free mental health e-resource for your patients

You may have seen on the 23<sup>rd</sup> February the Medinz message recommending Togetherall. They recommend GPs and Nurses consider Togetherall to patients experiencing mild to moderate mental health symptoms. Togetherall (formerly Big White Wall) is an online 24/7 community: an anonymous, peer-2-peer platform supporting a range of mental wellbeing issues, including anxiety, depression, and isolation. It is available for patients living in the Auckland DHB catchment.

Togetherall is monitored 24/7 by Mental Health Professionals and provides:

- **Community:** Forums where people help people. Drawing tools to enable the creative expression of difficult emotions
- **Courses:** Self-guided courses covering mental health and lifestyle topics
- **Resources:** Library of articles to understand more and learn new skills
- **Self-assessments** to understand more about yourself and track progress

Visit the website to find out more: <http://www.togetherall.com>

## Anxiety NZ

Patients experiencing low level anxiety can be reminded that Anxiety NZ are welcoming people to call their free 24/7 National 0800 ANXIETY Helpline (0800 269 4389) anytime for advice and to learn helpful skills to manage anxiety. This is a welcome resource which offers fabulous tools for those needing to learn some new or different skills to mitigate the effects of anxiety and enhance their life.

## The Mental Health Foundation

The Mental Health Foundation are raising funds to help Kiwis in need through their Trek the Trail Challenge. For this challenge, you will lace up your hiking boots and trek a section of the Te Araroa Trail to support The Mental Health Foundation. Between today and 31 March 2021, trek **ANYWHERE** along the trail, trek **AS FAR** as you can, trek **WHENEVER** it suits you. For more information, please click the link below.

<https://d2399pj58l6dyj.cloudfront.net/dcce5dd239ddfa8f16d1aac0618ce3e7.pdf>

**For further resources, information or questions about any mental health issues please do not hesitate contact me by email or call, Monday through Thursday and I will get back to you as soon as possible.**

Mā te wā

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