

9 September 2020

Nurses, midwives and care workers to check in on their colleagues on national R U OK? Day

The Australian Nursing and Midwifery Federation Tasmanian Branch (ANMF) is calling on members to check in with one another tomorrow, 10 September 2020, on national R U OK? Day.

ANMF Tasmanian Branch Secretary Emily Shepherd said, “this is an opportunity for nurses, midwives, and care workers to connect with their friends and colleagues to ask, listen, and support one another”.

“2020 has been an incredibly difficult and stressful year for all nurses, midwives, care workers, and their families. Taking a moment to ask colleagues and family ‘R U Okay?’ is so important to allow the opportunity for those needing support to feel that they have the space to say, ‘no, I need your help’.”

“The unprecedented and evolving challenges of COVID-19 mean that healthcare professionals have experienced circumstances they may never again experience in their working lives.”

Ms Shepherd said, “in 2020 it is even more important than ever to stay connected and offer support to those around us. We need to take time for ourselves and our own mental and physical health and reach out and ask for assistance when we need it.”

“COVID-19 has affected each and every one of us, but for healthcare professionals this has been particularly trying”.

“Nurses, midwives, and care workers spend so much time - particularly as we face a global pandemic - caring for others without a second thought for their own wellbeing.”

Ms Shepherd also calls on women working in healthcare to recognise and celebrate their contribution to healthcare outcomes during Women’s Health Week, 7 – 11 September 2020.

“On Thursday, as well as asking R U Okay? we encourage nurses, midwives, and care workers to take the time to address any of their own health concerns that may have gone unchecked during COVID-19.”

For those seeking further support during this period, the ANMF recommends utilising the range of support services available. The ANMF encourages members to contact the Nurse and Midwife Support helpline for free confidential support and advice if needed.

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