

9 September 2020

‘All in this together’ a reminder to check in on Mental Health Day tomorrow

This week, as part of Mental Health Week and in the lead up to Mental Health Day tomorrow, the Australian Nursing and Midwifery Federation Tasmanian Branch (ANMF) have been highlighting the important role that nurses, midwives, and care workers play in looking after not only the mental health of their patients but also that of their colleagues and themselves.

With each interaction, nurses, midwives, and care workers not only actively contribute to improving the mental health and wellbeing of their patients, clients, residents, and communities, they are also responsible for the provision of a number of Tasmania’s specific mental health services.

“Nurses, midwives, and care workers are well placed to check in with those in their care from a holistic perspective, but it is equally as important for them to remember to check in on each other as well as themselves to ensure their mental health and wellbeing is not suffering,” explains ANMF Branch Secretary Emily Shepherd.

“The ANMF acknowledge that 2020 has been a difficult year for all Tasmanians, however, for those nurses, midwives, and care workers who have been fighting COVID-19 directly, as well as preparing for it, it has been an incredibly tough time.”

The ANMF has continued to support members during this time, offering advice and promoting available resources.

“We encourage all nurses, midwives, and care workers to take time for themselves and take steps to stay connected. We continue to remind members to ask for help if they need it and reach out to Nurse & Midwife Support to ensure they get support from those who understand what it is like to work in the healthcare profession and provide advice specific to the needs of the individual.”

The ANMF also continues to advocate on behalf of members across all sectors to ensure their workplaces are providing access to counselling to assist with dealing with the challenges of COVID-19.

“We will continue to advocate for our members and the community in the space of mental health. The ANMF will continue to seek increased resources for members working in mental health service delivery and ensure that all members have the resources available to them to deliver mental health services in a safe and quality way,” said Ms Shepherd.

“The ANMF welcomes the recent Government acknowledgment of the strain that COVID-19 has had on the mental health of all Tasmanians. Increased funding to boost the number of mental health visits covered under the current mental health plan is a step in the right direction, however, more needs to be done.”

“The Tasmanian Government needs to allocate funding in the upcoming State Budget to not only improve mental health service but also increase delivery. This would see those needing care receiving it sooner than they currently do,” said Ms Shepherd.

“As we ready ourselves to recognise and celebrate Mental Health Day tomorrow, the ANMF would like to remind all nurses, midwives, care workers as well as the broader community, of the importance of taking charge of their own mental health by checking in on themselves as well as others and utilising the resources available to them.”

“We also call upon the Tasmanian Government to listen to the theme of this year’s Mental Health Day and remember that we are ‘all in this together’. We ask that they take steps to increase funding and capacity for mental health services to ensure those who reach out for help are able to access it in a timely manner.”

“End”

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