



## Mental Health Support for the Aged Care Sector

Dear All,

Please see the information below regarding services that have been implemented to support the aged care sector staff.

Please be well and ensure that your staff have access to this service if they require it. If additional support is needed staff can visit their own GPs and get access to up to 20 free mental health support sessions (via a mental health care plan).

Regards  
Jane

### Counselling for Victorian aged care workers

The Federal Government, industry, peak bodies and unions are working together to help reduce the spread of COVID-19 infections in residential aged care facilities.

On Monday 27 July 2020, industry released [The Guiding Principles for residential aged care - keeping Victorian residents and workers safe](#) (the Principles) with the support of Government, peak bodies and unions.

Support is available to aged care workers whose regular working arrangements have changed as a result of the Principles. These workers can get *free* counselling services from [Converge International](#).

Converge International will deliver up to five free counselling sessions per person. Services include employee and manager support, career guidance, financial counselling and family support. These services are available for a three-month period to 10 November 2020.

Phone 1800 697 327 (free call) or visit [www.convergeinternational.com.au](http://www.convergeinternational.com.au) to book an appointment.

*Make sure you state that you are from the 'VIC Residential Aged Care Workforce' when booking.*

In addition, a Support Hub is available for Victorian aged care providers using the Principles.

[The Guiding Principles Support Hub](#) by ACSA and LASA is available by phoning 1800 491 793 (free call)

*If you have any suggestions, requests for information or would like to be added to the mailing list please use the contact details below:*

**Jane Newbound – Aged Care Project Officer**  
Southern Metropolitan Region Palliative Care Consortium  
Mobile: 0433 418 010  
Email: [jane.newbound@smrpcc.org.au](mailto:jane.newbound@smrpcc.org.au)

❖ Please [CLICK HERE!](#) for previous Newsletters