Responding to Uncertainty

A framework for looking after ourselves and others

Centre for Corporate Health

Bushfires

Psychosocial Risk Factors

- Pre-existing mental health conditions
- Needs are being forgotten as media coverage lessens
- Uncertainty and anxiety about the future
- Vicarious trauma
- Grief and bereavement

Covid-19

Psychosocial Risk Factors

- Pre-existing mental health conditions
- Anxiety and panic
- Isolation from work
- Isolation from family
- Increased pressure on leaders, managers and business owners
- Grief and bereavement

Economy

Psychosocial Risk Factors

- Pre-existing mental health conditions
- Market volatility
- Fear of recession
- Disruption to casual work
- Fear of redundancies
- Unemployment anxiety
- Increased pressure

Information Bundles

Factsheets, podcasts and videos are provided that address each of the psychosocial risk factors across all current events causing anxiety and uncertainty. These bundles can be purchased by organisations so employees are receiving relevant information for maintaining their mental health.

Webinars

With employees being required to work more from home in response to the Covid-19 outbreak, providing support on strategies for maintaining mental fitness during these times can be difficult. Webinars on topics of anxiety, mental fitness during isolation, leading through uncertain times etc. are able to be run in replacement of face-to-face training.

Well Checks

With the increasing amount of anxiety that people are feeling right now, it is important that early intervention services are provided. Well Checks over the phone are a great way for employees to be checked in on by a psychologist to ensure they are maintaining their mental health and warning signs can be identified early.

Content

Factsheets $750exGST each

- Bushfires: Vicarious trauma explained
- Bushfires: Supporting others through crisis
- Bushfires: Maintaining wellbeing in the aftermath

Webinars $1,200exGST each

- Bushfires: Vicarious trauma
- Bushfires: Staying mentally fit while supporting others

Content

Factsheets $750exGST each

- COVID-19: What you need to know
- COVID-19: Managing anxiety and panic
- COVID-19: Mental fitness in isolation

Webinars $1,200exGST each

- COVID-19: Leading mentally fit teams remotely
- COVID-19: Mental fitness

Content

Factsheets $750exGST each

- Economy: Managing anxiety and worry
- Economy: Leading through uncertainty
- Economy: Adjusting to forced change

Webinars $1,200exGST each

- Economy: Leading mentally fit teams through uncertainty
- Economy: Mental fitness

Well Checks $300exGSTper hour

Well Checks are aimed at providing support to both managers and employees by checking in on them so that specific and timely intervention can be provided if someone is not traveling so well. Proactive well checks also act as a means for the employee to debrief during a time of increased pressure and to receive wellbeing coaching around specific skills and competencies, which often prevents little problems from becoming bigger.

If employees are in isolation or in roles where they are exposed to emotionally distressing situations, Well Checks are important to ensure depleted emotional reserves don't become detrimental to their mental health.

Centre for Corporate Health

Proud supporters of R U OK?

Centre for Corporate Health are leaders in creating psychological safety, positive mental health and wellbeing in businesses across Australia. For more information on how we can support your employees during this time of uncertainty and increased anxiety, contact us on 02 8243 1500. **admin@cfch.com.au | cfch.com.au**