

Wellbeing Resources

The screenshot shows a SharePoint page with the following content:

- Your Wellbeing**
 - Wellbeing refers to a state of optimal physical, mental and spiritual health. Words such as harmony, peace, health, fitness, balance, comfort, happiness, safety, etc. may come to mind.
 - Our levels of wellbeing are currently being challenged as we grapple with the effects and unknowns of the current Covid-19 situation. This page provides some practical information and links to assist in keeping on track with our wellbeing goals.
 - It is important to maintain wellbeing on a personal level and also in the workplace.
 - [Health Direct](#) - provides a wealth of information on mental health and wellbeing.
 - Your Employee Assistance Program provider, [Converge](#) now publishes the latest tips on how you and those you care about can flourish!
 - [Flourish Magazine - July 2020](#)
 - [Flourish Magazine - August 2020](#)
 - [Flourish Magazine - September 2020](#)
 - [Flourish Magazine - October 2020](#)
 - If you missed our All Staff presentation by David Westgate on 26/08/20, please find the recorded copy here
 - [Difficult Conversations Around Mental Health](#)
 - Parents, Guardians & Carers**
 - Please take a look at the Covid-19 [Contact & Websites](#) intranet page for some newly added resources under the Mental Health area specifically focussed on children.
- Frequently Used Documents**
 - [Mental Health Conversations](#)
 - [Flourish Magazine - July 2020](#)
 - [EAP - Maintaining Emotional Fitness](#)
 - [CCBC Mental Health at Work - Factsheet](#)
- SafeWork NSW - COVID-19 and Mental Health at Work**
- The 4 E's of Wellness during the Covid-19 situation**

Screen shot for Culture Award

Kineo - CCBC Induction Module

The screenshot shows a Kineo induction module page with the following content:

- City of Canada Bay** logo and navigation icons.
- Health and Wellbeing** section header.
- Health initiatives** section header.
- Text: "It's important that our employees maintain good mental and physical health. Council has a range of programs to support health and wellbeing including:"
- List of initiatives:
 - Yearly flu vaccinations
 - Job-specific vaccinations
 - Employee counselling
 - Asbestos competent staff
 - Respectful Workplace Officers
 - Health and wellbeing leave
 - Mental health awareness sessions and
 - Whole of Council Christmas celebration
- Image of a group of seven people standing outdoors.
- Employee Assistance Program** section header.
- Text: "The aim of the Employee Assistance Program (EAP) is to promote health and wellbeing throughout Council. The EAP is a free and confidential counselling service available to all employees to assist with work and personal issues. Contact details are available from the Human Resources team and a brochure will be included in your new starter pack."