

Caring for critically ill patients can be a stressful experience for staff, particularly in new or unfamiliar environments. We have compiled some practical tips and resources to help you, and your colleagues, look after your mental and physical wellbeing during the weeks ahead.

Keep a routine - make sure you eat healthily and stay hydrated. Take your breaks. Try to exercise and get sufficient rest in between shifts.

Stay in touch with friends and family.

Check out www.gov.ie for factual updates, avoid continuously checking news sites or social media as the flow of information may be overwhelming.

Employee Assistance Counselling Service

The Employee Assistance Counselling Service is provided by the HSE to support employees at a time of difficulty in their personal or professional lives.

The service can be accessed confidentially without having to go through HR or occupational health. Between 4 and 6 sessions are provided free of charge.

The service uses trained counsellors based in numerous locations nationwide to ensure it is convenient for staff members.

Contact details and more information available on hse.ie or via QR code



YourMentalHealth.ie

Developed by the HSE yourmentalhealth.ie contains a wealth of information on all things mental health.

Resources include information on mental health conditions and how to support a friend or family member who is struggling with their mental health.

Practitioner Health Matters

The practitioner health matters programme provides support to doctors, pharmacists and dentists who are struggling with stress, anxiety, burnout or other mental health issues such as substance misuse and addiction.

The service is designed specifically to deal with healthcare providers and so is familiar with the common issues they face, and how to support them through these issues.

The service is fully confidential and free at the point of access for staff.

(01) 297-0356 confidential@practitionerhealth.ie <https://practitionerhealth.ie/>