TEN - The Essential Network

Mental health support for health professionals









Connection to 1-to-1 clinical care

Access five free sessions with a
Black Dog Institute Clinical Psychologist
or Psychiatrist for any mental health
concern. These concerns do not have
to be COVID-related, no referral is
needed and sessions are offered
Australia-wide via Telehealth.



Evidence-based tools and resources

Developed for health professionals, by health professionals, these resources are tailored to meet the specific mental health needs of healthcare workers including burnout and how to seek help as health professional.



Health Professional seeking mental health support

Digital mental health check-up

Designed specifically to help health professionals identify and overcome challenges to their emotional wellbeing and connect them with evidence-based support.

Peer-to-peer support

Discrete and convenient access to a peer support network, offered in partnership with Hand-n-Hand. Confidential individual or group peer support is available with healthcare workers who have dedicated mental health training.





Digital mental health programs

Through TEN's partnership with
THIS WAY UP, health professionals can
access a suite of online self-guided
and clinician supervised psychology
courses, with course fees waived
for users of TEN.





TEN provides free, confidential, and individualised mental health support. The service puts the healthcare professional at the centre of a range of care options, empowering them to choose combinations of care that match their needs, while removing barriers to access. Through TEN, health professionals can tailor their care, according to their individual needs. No referral, Medicare, or GP information is required to use TEN.

All healthcare workers are eligible for the service.