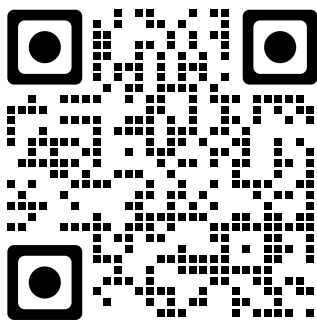




TEN

The Essential Network for Health Professionals

Mental health support designed by health professionals for health professionals



**Black Dog
Institute**

- **Free telehealth clinical consultations** available Australia-wide
- **Practical resources on managing burnout**, compassion fatigue and more
- **Peer support** from fellow healthcare workers

As healthcare workers, we are all familiar with working under stress and pressure, but the past year has added new challenges, changing the way we work, live, socialise, and care for our patients. It's understandable that you may be feeling burnt out or anxious.

Mental health challenges for health professionals are normal, common and treatable.

TEN creates a safe space for healthcare workers to access confidential mental health support and get help now.

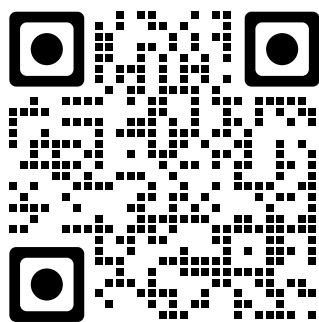
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