

Self-care and burnout prevention

Hyperlinks

MENTAL HEALTH AND WELLBEING CPE

Check out our [CPE activities page](#) to find out what CPE activities are considered appropriate under our policy, including educative health and wellbeing activities.

SUPPORT

- > Find information and support for individuals at [Beyond Blue](#).
- > For further assistance with mental health concerns see:
 - [Lifeline](#)
 - [Suicide Call Back](#)
 - [1800RESPECT](#)
 - [Mensline](#)
 - [QLife](#)
 - [Headspace](#)
 - [Kids helpline](#)

WELLBEING ACTION TOOL

Access the Beyond Blue [Wellbeing Action Tool](#).

NEW ACCESS FOR SMALL BUSINESS (NASBO)

Learn more about [NASBO](#).

STAY IN TOUCH

Register for free [TPB webinars](#).

Access our [webinar resources](#).

Check out our [YouTube channel](#) to access webinar recordings and claim free CPE.

Find us on: [Facebook](#) and [LinkedIn](#).