



Science. Compassion. Action

Health Professional Program

# Navigating Burnout

## Audience

Health Professionals.

## Duration

30-minutes.

## Modality

Didactic.

## Topics

- Causes, signs and symptoms of burnout.
- Resources and supports to manage burnout.

## Description

Are you feeling burnt out? You're not alone.

Black Dog Institute's Navigating Burnout module has been developed specifically for health workers to reduce the impact of burnout in a way that is sensitive to your unique challenges.

This 30-minute presentation looks at the causes, signs and impact of burnout and discusses resources and supports to help with the management of burnout.

The Navigating Burnout module forms part of The Essential Network for Health Professionals (TEN) which connects health workers to a network of essential resources and support to manage stress and to maintain good mental health. TEN offers mental health screening, peer to peer support, access to Black Dog Institute's clinic, plus evidence-based tools and resources. It is entirely free and confidential.

**TEN (The Essential Network) is generously funded by the Commonwealth Department of Health.**

## Time, Location, Cost?

Tuesday, 28 May 2024

12:30PM - 1:00PM

Online via Zoom

This activity is funded by the Western NSW PHN for AHPs and GPs in the Western NSW region.

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