



BeWell

Monash psychologists supporting Monash teams

Psychological wellbeing program for employees



Monash Health values its people and is committed to employee wellbeing

- Understanding the need for more emotional, psychological and practical support in the workplace
- Free and confidential psychological wellbeing program to support employees during this phase of the COVID pandemic
- Delivered by Monash Health psychologists, who know the organisation
- Team-focused psychological and wellbeing support
- Expands on and reinvigorates the original 'Call a Psychologist' program
- Employee Assistance Program remains available for individuals and family members
- Supported by the Department of Health specifically to target employee wellbeing

Features of the Be Well program



Proactive employee wellbeing checks

A conversation today to check you are OK



Psychological First Aid to individuals and teams

Following critical incidents



Coaching and consultation to team leaders

Fostering a mentally healthy workforce



Wellbeing sessions

Facilitated sessions responsive to employee requests

Referral process

- Team leaders and managers are invited to contact Be Well to discuss the needs of their teams and arrange wellbeing support
- Bookings and enquiries can be made by phone or email
- Be Well encourages all individual team members to talk with their team leader or manager if they think their team could benefit from the Be Well program

Contact details and hours of operation



Bookings and enquiries

- 9am to 5pm Monday to Friday
- Phone: 0418 905 414
- Email: bewell@monashhealth.org



Service delivery hours

- 8am to 7pm Monday to Friday
- Weekends by arrangement

