Came across this today, good stats here - <https://www.wesleymission.org.au/news-and-publications/latest-news/media-releases/national-survey-shows-that-3-in-4-australians-mental-health-and-wellbeing-has-been-impacted-by-the-covid-19-pandemic/>

- The research also revealed that the biggest barrier for Australians seeking support for their mental health and wellbeing is feeling like they can figure it out on their own. A similar proportion (21%) don’t think their mental health challenges are serious enough to get support and one in six (17%) think other people are more in need of support than they are.

Interesting to note this video - <https://www.youtube.com/watch?v=n5hU8trelBU&feature=youtu.be>, how to avoid taking stress home with me was the second highest link clicked on the recent covid news, higher than the DHHS covid update.

Worth noting that e-modules which we are getting RACGP approved ( might be able to end the session with selling this offering ‘coming soon’). Disha