

COVID Normal Resources

HealthPathways

HealthPathways is a free online health information portal for health professionals, with pathways that are designed to be used at the point of care to support the assessment, management and referral of patients within the ACT and Southern NSW regions. There are pathways available for most of the topics covered in this document, use the log in details below to access the site.

<https://actsnsw.communityhealthpathways.org/>

Username: together

Password: forhealth

Mental Health

- [Head to Health](#) website
- [Canberra Head to Health](#) – provides free psychological support over the phone or face to face with a trained mental health professional to anyone in the ACT. No appointments or referrals required.
- ACT Health - [Mental health and wellbeing during COVID-19](#)
- Canberra Health Services - [Adult Mental Health Services](#)
- Canberra Health Services - [Child and Youth Mental Health](#)

Infection control

- RACGP resources on infection prevention in General Practices
 - [Infection Control Principles for consulting with suspected cases for COVID-19](#)
 - [Keeping your practice COVID-safe](#)
- [Guidance on the use of personal protective equipment \(PPE\) for health care workers in the context of COVID-19](#) | Australian Government Department of Health
- [Work Permissions and Restrictions Framework for Workers in Health Care Settings](#) - provides information to support safe decision-making on whether work restriction/permission is required after COVID exposure | Australian Government Department of Health

Chronic disease and cancer

- RACGP - [Smoking, nutrition, alcohol and physical activity \(SNAP\)](#)
- RACGP - [Putting prevention into practice: Guidelines for the implementation of prevention in the general practice setting](#)
- RACGP - [Cancer screening guidelines](#)

Mental health support services for health professionals

- [AccessEAP](#) - Employee Assistance Scheme provided by CHN, call 1800 818 728
- RACGP - [Self-care and mental health resources - for health professionals](#)
- RACGP - [GP support program](#)
- [DRS+DRS](#)
- [Doctors' Health Advisory Service \(NSW & ACT\)](#)
- [TEN-The Essential Network for Health Professionals](#) – for all health professionals and Australian Association of Practice Management (AAPM) members
- [Nurse and Midwife Support](#)

Aboriginal and Torres Strait Islander Health

- [CHN's Indigenous Health Team](#) – provides in-practice support and education to assist with the delivery of culturally appropriate services. CHN engage Coolamon Advisors to provide Cultural Awareness Training for PCPs.
- [ACT Government Aboriginal and Torres Strait Islander Peoples COVID 19 Information](#)
- [Aboriginal and Torres Strait Islander Health check](#) – 715 health check
- RACGP - [National guide to a preventative health assessment for Aboriginal and Torres Strait Islander people](#)
- [HealthInfoNet](#)
- [Gayaa Dhuwi \(Proud Spirit\) Australia](#)
- [WellMob](#)
- [Strong Spirit Strong Mind](#)

Digital Health

- [CHN's Digital Health Team](#) – for support with any digital health initiative
- [Digital Health Record \(DHR\)](#) – ACT Health's digital health record
- [My Health Record](#) - the national digital health record

Family and domestic violence

- Services Australia – [Family and Domestic Violence webpages](#)
- RACGP - [Abuse and violence - Working with our patients in general practice](#)
- ACT Government – [COVID 19 Domestic and family violence support](#)