

# WORKING FROM HOME WELLBEING: TIPS AND TOOLS FOR THE AOD SECTOR

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The Association of Alcohol and other Drug Agencies NT recognises the COVID-19 pandemic is creating new challenges for the sector. Find tips below for working from home.

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## BEHIND THE SCENES

When counselling clients through videoconferencing, make sure to choose a space that doesn't give away your location, your personal details, or details of your family. This can help maintain a sense of balance even when counselling in your own home.



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## ASK FOR ADVICE

Remember even if working in isolation, there is still clinical advice available 24/7 from the Drug and Alcohol Clinical Advisory Service (DACAS) on **1800 111 092**

This is a great tool to use when your manager may be unavailable.

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## UPSKILL

A great way to offer your clients effective service during this time is to undertake the module training from Insight QLD: Orientation to Telephone Counselling for Alcohol and Other Drug Workers. This may help boost confidence when working with clients remotely/electronically.



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## YOUR MENTAL HEALTH

When you're at work, there is a physical barrier between your home life and work. Recognise that when you are working from home, you are hearing and processing stories in your personal living space and this may make it harder to separate your work from your home life. Beyond Blue has set up a Coronavirus Mental Wellbeing Support Service. Call **1800 512 348**

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## START CONVERSATIONS

If working from home is causing you additional stress, talk to your manager. Have conversations early to arrange flexible working arrangements that work for yourself, your clients, and your organisation.



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## TAKE ON LESS

Without the need to travel between clients, you may want to take on more to fill the time. We advise you take on less clients to prevent burnout, especially if working in your own home.

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Sign up to our weekly newsletter to receive sector updates at [www.aadant.org.au](http://www.aadant.org.au)  
For more advice and tips, please visit our COVID-19 practical advice section on our homepage.