

## **Personal Health Resources for Doctors, Medical Students and their families in WA**

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Doctors' Health Advisory Service – DHAS WA (formerly Colleague of First Contact)	
<p>For Doctors in crisis, or not sure where to go for help with personal or health problems. This totally confidential 24 hr health service is available to all Doctors and Medical Students. It can be contacted by the person themselves, or by a concerned family member, friend, colleague or staff member. Callers do not need to identify themselves. It consists of a panel of experienced male and female GPs, and is independent, reporting back to no medical organisation. <b>Calls are exempt from the mandatory reporting requirements of the Medical Board of Australia.</b></p> <p>Problems dealt with include stress, depression, suicidal thought, substance use disorders, grief or concerns about illness. Sometimes the contact can be about impaired performance in a colleague. The panel GPs usually discuss the options available to callers when they are faced with a dilemma, or advise the caller on the most appropriate referral services.</p> <p>Available 24 hours/day, 7 days/week</p>	
<b>Phone</b>	(08) 9321 3098
<b>Website</b>	<a href="http://dhas.org.au/">http://dhas.org.au/</a>

Personal GP	
<p>It is recommended all medical students and doctors have their own GP. If you do not know any GPs then it may be helpful to ask family or friends for a recommendation. If you are new to a suburb then the local pharmacist will know who the GPs in the area are. If you are having difficulty finding a GP or have special health needs then you can ring DHAS WA for a recommendation. The Health Engine website also has a fairly comprehensive listing of GPs.</p>	
<b>Health Engine</b>	<a href="https://healthengine.com.au/">https://healthengine.com.au/</a>

Hospital Internal Services	
<p>Medical Education Unit staff members are available if you need to chat about a range of issues, both professional and personal, during office hours. Most hospitals have their own Medical Education Unit and will be available to help you with any concerns.</p>	
<b>Website</b>	<a href="http://ww2.health.wa.gov.au/About-us/Postgraduate-Medical-Council/Education-and-Training/Medical-Education-Officers">http://ww2.health.wa.gov.au/About-us/Postgraduate-Medical-Council/Education-and-Training/Medical-Education-Officers</a>

JMO Health website	
<p>JMO Health is a website developed by the Doctors' Health Advisory Service of NSW to promote the health and wellbeing of junior doctors and contains many useful resources including self assessment tools and tips to reduce stress.</p>	
<b>Website</b>	<a href="http://www.jmohealth.org.au/">http://www.jmohealth.org.au/</a>

RACGP members	
<p>This 24/7 service provides access to free advice and up to three counseling sessions for RACGP members.</p>	
<b>GP support</b>	1300366789

Rural Health West Family Support Program	
<p>For rural Doctors and their families.</p>	
<b>Phone</b>	6389 4500
<b>Email</b>	<a href="mailto:familysupport@ruralhealthwest.com.au">familysupport@ruralhealthwest.com.au</a>

Employee Assistance Program		
The Employee Assistance Program is intended to help you deal with personal or work-related problems that might be having a negative effect on your health, well-being and work performance. As a WA Health employee, you are entitled to access a number of sessions with a counsellor for free. This professional, independent and confidential service is available 24/7.		
<b>Converge International</b>	Phone	1800 687 327
	Website	<a href="http://www.convergeinternational.com.au/">http://www.convergeinternational.com.au/</a>
<b>Optum</b>	Phone	1300 361 008
	Website	<a href="http://www.optum.com.au/">http://www.optum.com.au/</a>

Welfare of Anaesthetists Special Interest Group for Anaesthetists and Anaesthetists in Training	
Welfare Officers are in place at each teaching hospital Anaesthetic Department. The WA contact for this group is	
<b>Phone</b>	08 6188 4555 (WA Branch), 0434 843 055 (Dr Prani Shrivastava)
<b>Website</b>	<a href="http://www.anzca.edu.au/fellows/special-interest-groups/welfare-of-anaesthetists/introduction.html">http://www.anzca.edu.au/fellows/special-interest-groups/welfare-of-anaesthetists/introduction.html</a>

Lifeline	
Lifeline is a national charity providing all Australians experiencing a personal crisis with access to online, phone and face-to-face crisis support and suicide prevention services.	
<b>Phone</b>	13 11 14
<b>Website</b>	<a href="https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat">https://www.lifeline.org.au/Get-Help/Online-Services/crisis-chat</a>

Beyond Blue	
Beyond Blue is a 24/7 service that assists people who are experiencing anxiety, depression or any other issues. A trained mental health professional will take your call, listen to you, offer support and point you in the right direction.	
<b>Phone</b>	1300 224 636
<b>Website</b>	<a href="https://www.beyondblue.org.au/get-support/get-immediate-support">https://www.beyondblue.org.au/get-support/get-immediate-support</a>

Alcohol and Drug Information Service	
The Alcohol and Drug Information Service is a confidential, non-judgmental 24/7 helpline for anyone seeking assistance with alcohol or other drug use. Professional drug and alcohol counsellors will listen to your concerns and provide emotional support, provide you with information about all aspects of alcohol and other drug use, treatment options and agencies, and where you can access ongoing support.	
<b>Phone</b>	(08) 9442 5000 (Metro) or 1800 198 024 (Country)
<b>Email</b>	adis@health.wa.gov.au
<b>Website</b>	<a href="http://alcoholthinkagain.com.au/Alcohol-Your-Community/Alcoholthe-Workplace/Employees#liveChat">http://alcoholthinkagain.com.au/Alcohol-Your-Community/Alcoholthe-Workplace/Employees#liveChat</a>

Australasian Doctors' Health Network	
For a contact list of doctors' health service providers	
<b>Website</b>	<a href="http://www.adhn.org.au/">http://www.adhn.org.au/</a>

Heads Up	
Information, action plans and useful links promoting the mental health of doctors and medical students.	
<b>Website</b>	<a href="https://www.headsup.org.au/creating-a-mentally-healthy-workplace/taking-action/promoting-the-mental-health-of-doctors-and-medical-students">https://www.headsup.org.au/creating-a-mentally-healthy-workplace/taking-action/promoting-the-mental-health-of-doctors-and-medical-students</a>

<b>Medical Board of Australia</b>	
Useful and important information regarding notifications and good practice.	
<a href="#">Guidelines for mandatory notifications</a>	
<a href="#">Good Medical Practice – A Code of Conduct for Doctors in Australia, Section 9 – Ensuring Doctors' Health</a>	

<b>Australian Medical Association</b>	
Useful resources, articles, reports and links for doctors' wellbeing.	
<b>Website</b>	<a href="https://ama.com.au/resources/doctors-health">https://ama.com.au/resources/doctors-health</a>

<b>Further information</b>	
Further information on Doctor's health in Australia may be obtained from the following sites.	
<b>For medical students</b>	<a href="http://mentalhealth.amsa.org.au/keeping-your-grass-greener/">http://mentalhealth.amsa.org.au/keeping-your-grass-greener/</a>
<b>Australasian Doctors' Health Network</b>	<a href="http://www.adhn.org.au/">http://www.adhn.org.au/</a>

The Doctors' Health Advisory Service in WA (DHAS WA) has compiled this paper. For queries about the paper, or to add resource information to this list, contact Dr Elizabeth Connor: [manager@dhaswa.com.au](mailto:manager@dhaswa.com.au). Members of DHAS WA are also available to give talks to medical groups on Doctors health.