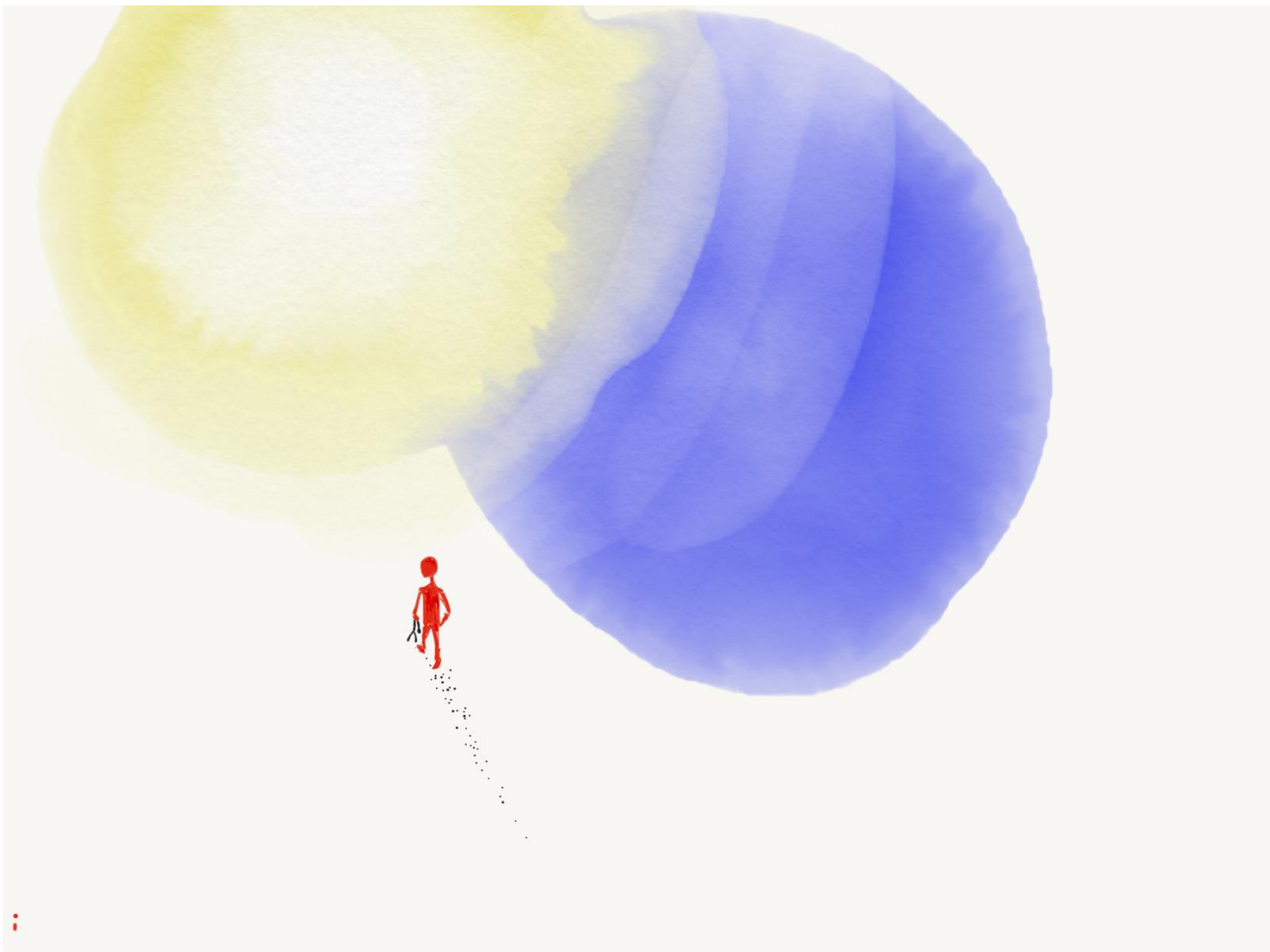


# Personal Health Resources for Doctors, Medical Students and their families in WA



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

### Doctors' Health Advisory Service – DHAS WA (formerly Colleague of First Contact)

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. **Calls are exempt from the mandatory reporting requirements of the Medical Board of Australia.**

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.

Available 24 hours/day, 7 days/week

**Phone** (08) 9321 3098

**Website** <http://www.dhaswa.com.au/>

### Doctors for Doctors (DRS4DRS)

DRS4DRS promotes the health and wellbeing of doctors and medical students across Australia. They provide online resources and their learning module “Be a Dr4Drs” will broaden your understanding of your own health and the health of the medical profession.

**Website** [www.drs4drs.com.au](http://www.drs4drs.com.au)

### Personal GP

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 DHASWA website contains a list of GPs and Psychiatrists with an interest in Doctors health who are willing to prioritise appointments for Doctors and Medical Students. The Health Engine website also has a fairly comprehensive listing of GPs.

**DHAS WA** <http://www.dhaswa.com.au/>

**Health Engine** <https://healthengine.com.au/>

### Hospital Internal Services

Most hospitals and health services have a range of resources to help support their medical staff who are feeling stressed or have physical or mental health problems. Contact your hospital's Medical Education unit for details. Their staff are also available if you want to have a confidential chat about a range of issues, both professional and personal (this is available to junior and senior doctors). Doctors may also contact their Occupational Health department for assistance.

Most health services also offer an Employee Assistance Program (EAP) to their employees. The EAP is intended to help you deal with personal or work-related problems that might be having a negative effect on your health, well-being or work performance. WA health service employees may access five sessions with an external counsellor for free. This professional, independent and confidential service is available 24/7. The employing organisation is not informed of who uses the program. For WA Country Health Service (WACHS) employees see the WACHS website for details of your site EAP provider.

<b>Employee Assistance Programs for metropolitan WA health service employees</b>		
<b>Converge International</b>	Phone	1300 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>

<b>Junior doctor websites</b>	
<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> <p>The Postgraduate Medical Council of WA (PMCWA) has produced some support guides for junior doctors that are available on their website.</p>	
<b>JMO Health</b>	<a href="http://www.jmohealth.org.au/">http://www.jmohealth.org.au/</a>
<b>PMCWA</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>

<b>Specialist Colleges</b>
<p>Most specialist Colleges offer a range of resources and supports for their members who are stressed or have mental health problems. See your specialist College website for details.</p>

<b>Welfare of Anaesthetists Special Interest Group for Anaesthetists and Anaesthetists in Training</b>	
<p>Welfare Officers are in place at each teaching hospital Anaesthetic Department. The WA contact for this group is</p>	
<b>Phone</b>	08 6188 4555 (WA Branch), 0423 633 189 (Dr Marion Funke)
<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>

<b>General Practitioners</b>	
<p>The RACGP website provides extensive online resources on wellbeing. RACGP also offers "GP support" to its members. This 24/7 service provides access to free advice and up to three counselling session.</p>	
<b>Website</b>	<a href="https://www.racgp.org.au/running-a-practice/practice-management/business-operations/gp-wellbeing">https://www.racgp.org.au/running-a-practice/practice-management/business-operations/gp-wellbeing</a>
<b>GP support</b>	1300 361 008

<b>Rural Health West Family Support Program</b>	
<p>For rural and remote West Australian medical and health professionals, and their families.</p> <p><i>Health and Wellbeing:</i> A resource to assist rural health professionals find personal, clinical and professional support services in Western Australia.</p>	
<b>Phone</b>	08 6389 4500
<b>Website</b>	<a href="http://www.ruralhealthwest.com.au/familysupport">http://www.ruralhealthwest.com.au/familysupport</a>
<b>Health and Wellbeing</b>	<a href="http://www.ruralhealthwest.com.au/general-practice/family/health-and-wellbeing">http://www.ruralhealthwest.com.au/general-practice/family/health-and-wellbeing</a>

<b>Medical students</b>	
<p>AMSA has great on-line resources for medical students who are stressed or experiencing mental health issues.</p>	
<b>Website</b>	<a href="http://mentalhealth.amsa.org.au/">http://mentalhealth.amsa.org.au/</a>

<b>Lifeline</b>	
<p>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.</p>	
<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>

<b>Beyond Blue</b>	
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>

<b>Alcohol and Drug Support Line</b>	
The Alcohol and Drug Support Line is a confidential, non-judgmental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.	
<b>Phone</b>	(08) 9442 5000 (Metro) or 1800 198 024 (Country)
<b>Website</b>	<a href="https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/alcohol-and-drug-support-line/">https://www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/alcohol-and-drug-support-line/</a>

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

<b>Heads Up</b>	
Strategies for better mental health in the workplace	
<b>Website</b>	<a href="https://www.headsup.org.au/home">https://www.headsup.org.au/home</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>

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 [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.

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