

PERSONAL HEALTH RESOURCES

*A guide for Western Australian doctors
and medical students*

Contact details

T 08 9321 3098 – **24/7 DHASWA Advice Line**
T 08 6389 4500 – **General enquiries**
E manager@dhaswa.com.au
W www.dhaswa.com.au



Doctors and medical students face unique barriers to accessing health care and often do not have a regular treating doctor. Furthermore, they are subject to high levels of stress at work and when studying. Consequently, they are at a high risk of health issues.

The need to improve doctors' health is now well recognised and over the past 10 years a wide range of supports and resources have been developed by different organisations at state and national levels to help doctors and medical students.

The purpose of this guide is to list the main resources currently available to doctors and medical students in Western Australia (WA). Produced by the Doctors' Health Advisory Service Western Australia (DHASWA), it details a range of resources for all doctors' health issues, from providing help in finding a GP for a check-up to providing help if feeling suicidal.

DHASWA is an independent not-for-profit organisation dedicated to improving the health and wellbeing of doctors and medical students in WA. It is run by doctors for doctors and provides confidential advice to doctors and medical students on any personal health issue.

See **www.dhaswa.com.au** for further information.



Promoting the health of doctors and medical students in WA



24/7 DHASWA ADVICE LINE

For doctors in need of help or wanting to speak with a DHASWA doctor.

 **08 9321 3098**

NEED A GP?

Visit our website to view our Doctors for Doctors list

www.dhaswa.com.au

Head to Health

Head to Health can help you find digital mental health services from some of Australia's most trusted mental health organisations.

Provided by the Australian Department of Health, Head to Health brings together apps, online programs, online forums, and phone services, as well as a range of digital information resources.

W www.headtohealth.gov.au

THIS WAY UP

THIS WAY UP is run by clinical psychologists, psychiatrists, researchers and web technicians based at the Clinical Research Unit for Anxiety and Depression (CRUfAD) – a joint facility of St Vincent's Hospital and the University of New South Wales. THIS WAY UP has created over 15 tailored courses for a range of mental health conditions. Online courses are available instantly without a need for an assessment or a referral, to make it easier for you to access quality mental health self-help.

THIS WAY UP also gives GPs, psychologists and other mental health professionals access to their platform so they can use courses to treat their patient.

W <https://thiswayup.org.au>

Hand-n-Hand

Hand-n-Hand provides free confidential peer support for health professionals. This is not a treatment service.

W www.handnhand.org.au

DHASWA has compiled this resource guide in good faith to assist doctors and medical students.

DHASWA members are available to give talks to medical groups on doctors' health.

For enquiries about this guide, or to add resource information to it, please email us **manager@dhaswa.com.au**

DHASWA

DHASWA provides a confidential, anonymous 24 hours a day, 7 days a week advice line and referral system for doctors and medical students seeking assistance with health or personal problems. DHASWA can be utilised by individuals or by a concerned family member, friend, colleague or staff member. Calls are taken by a panel of experienced male and female GPs, with a psychiatrist advisor available. Callers will receive a response from a DHASWA doctor within 4 hours of a call.

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 of 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 a day, 7 days a week.

T 08 9321 3098 – **24/7 DHASWA Advice Line**

W www.dhaswa.com.au

Personal GP

It is recommended all medical students and doctors have their own GP. If you do not know any GPs, it may be helpful to ask family or friends for a recommendation. If you are new to a suburb, the local pharmacist will know who the GPs are in the area. If you are having difficulty finding a GP or have special health needs, you can ring DHASWA for a recommendation.

The DHASWA website contains a list of GPs, psychiatrists and clinical psychologists (with an interest in doctors' health) who are willing to prioritise appointments for doctors and medical students.

W www.dhaswa.com.au



Alcohol and Drug Support Line

The Alcohol and Drug Support Line is a confidential, non-judgemental telephone counselling, information and referral service for anyone seeking help for their own or another person's alcohol or drug use.

- T** (08) 9442 5000 (Metro) or 1800 198 024 (Country) – **24/7 support**
- W** www.mhc.wa.gov.au/about-us/our-services/alcohol-and-drug-support-service/alcohol-and-drug-support-line

Heads ûp

Strategies for better mental health in the workplace.

- W** www.headsup.org.au

Australasian Doctors' Health Network

Each Australian State has a Doctors' Health Advisory Service that belongs to the Australasian Doctors' Health Network. The network's website provides details of State services and a range of useful resources on doctors' health.

- W** www.adhn.org.au

Medical Board of Australia

The Medical Board of Australia website contains important information regarding notifications and good practice.

- W** www.medicalboard.gov.au/Codes-Guidelines-Policies/Guidelines-for-mandatory-notifications.aspx
- W** www.medicalboard.gov.au/Codes-Guidelines-Policies/Code-of-conduct.aspx

Australian Medical Association – national

The Australian Medical Association website contains useful resources, articles, reports and links for doctors' wellbeing.

- W** www.ama.com.au/resources/doctors-health



DRS4DRS

DRS4DRS is a national not-for-profit organisation dedicated to improving doctors' health. They provide a comprehensive website and a confidential telehealth service for all doctors and medical students in Australia.

T 1300 374 377 – **24/7 confidential telehealth service**

W www.drs4drs.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 aims to help you deal with personal or work-related problems that might be having a negative effect on your health, wellbeing 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.

EAPs for metropolitan WA health service employees

Converge International

T 1300 687 327

W www.convergeinternational.com.au

Lifeworks

T 1300 361 008

W www.lifeworks.com

Medical students

The Australian Medical Students' Association (AMSA) has online resources for medical students who are stressed or experiencing mental health issues.

W www.amsa.org.au/amsa-mental-health

Junior doctor websites

JMO Health is a website developed by the Doctors' Health Advisory Service of New South Wales to promote the health and wellbeing of junior doctors and contains many useful resources including self-assessment tools and tips to reduce stress.

JMO Health

W www.dhas.org.au/resources/resources-for-junior-medical-officers.html

The Postgraduate Medical Council of Western Australia (PMCWA) has produced support guides for junior doctors that are available on their website.

PMCWA

W www.pmcwa.org.au

Specialist colleges

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.

Anaesthetists

The Australian and New Zealand College of Anaesthetists (ANZCA) have a wellbeing special interest group for anaesthetists and anaesthetists in training. They have a very useful website. There are welfare officers in place at each teaching hospital's Anaesthetic Department in WA. They provide confidential support and advice to anaesthetists and anaesthetic trainees.

W [www.anzca.edu.au/fellowship/anaesthesia-continuing-education-\(1\)/wellbeing-special-interest-group](http://www.anzca.edu.au/fellowship/anaesthesia-continuing-education-(1)/wellbeing-special-interest-group)

General practitioners

The Royal Australian College of General Practitioners (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 sessions.

T 1300 361 008 – **GP support**

W www.racgp.org.au/running-a-practice/practice-management/business-operations/gp-wellbeing

Rural Health West Family Support Program

Rural Health West provides support for rural and remote Western Australian medical and health professionals, and their families. They also produced the *Health and Wellbeing* resource to assist rural health professionals find personal, clinical and professional support services in WA.

T 08 6389 4500

W www.ruralhealthwest.com.au/familysupport

W www.ruralhealthwest.com.au/general-practice/family/health-and-wellbeing

TEN – The Essential Network for health professionals

TEN is a mobile app developed by health professionals in association with a number of organisations including Black Dog Institute, Lifeline and The Royal Australian and New Zealand College of Psychiatrists. It provides easy access to evidence-based tools, resources, programs and referral pathways to assist in self assessment, self management and treatment for symptoms of stress, anxiety and low mood.

W www.blackdoginstitute.org.au/ten

Lifeline

Lifeline is a national charity providing all Australians who are experiencing a personal crisis access to online, telephone and face-to-face crisis support and suicide prevention services.

T 13 11 14 – **24/7 crisis support**

W www.lifeline.org.au/Get-Help/Online-Services/crisis-chat

Beyond Blue

Beyond Blue provides 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.

T 1300 224 636

W www.beyondblue.org.au/get-support/get-immediate-support