



DOCTOR WELLBEING SERVICES

All hospitals have an Employee Assistance Program, many use Converge International.

Some hospitals have a wellbeing officer and offer peer support programs and mentoring.

AMA Queensland runs the Wellbeing at Work program for all interns in public hospitals, funded by Queensland Health. For a list of dates refer to the following website: <https://qld.ama.com.au/events/wellbeing-at-work>

Most colleges have an Employee Assistance Program, often use Converge International or LifeWorks.

RACS, RANZP and ANZCA in particular have well developed well-being programs.

RACGP GP Support Program www.racgp.org.au/membership/the-gp-support-program

All colleges have well-being resources on their websites.

All MDOs offer wellbeing support (AVANT, MIPS, MDA, MIGA etc)

Queensland Doctors' Health Programme (QDHP)

health program for doctors by doctors. Talk anonymously and confidentially with a medical colleague over the phone for support for a range of issues 24/7. Call **07 3833 4352** (Queensland)

Australasian Doctors Health Network

Independent network of doctors' health services across Australia and New Zealand.
www.adhn.org.au/

Drs4Drs mental health support service

Up to three sessions of one hour each with a counsellor via telehealth 24/7. Call **1300 374 377** (National). Use Converge International.
www.drs4drs.com.au/

Medical Benevolent Association of Queensland

<https://mbaq.org.au/>

Hand-n-Hand

A peer support network for healthcare workers.
www.facebook.com/groups/HandnHandAU

Mindfulness in Medicine

Using mindfulness as a tool for living through difficult times.
<https://mcfm.com.au/mindfulness-in-medicine/>

Pandemic Kindness Movement

Evidence-informed resources for health workforce
<https://aci.health.nsw.gov.au/covid-19/kindness>

Many Hats Network

Founded by Dr Kieran Allan.
<https://manyhats.network/>

Dr Helen Schultz

After hours clinic exclusive to doctors and medical students.
www.drhelenschultz.com/dr-helen-schultz-hours-clinic-exclusive-doctors-medical-students/

APPS FOR HEALTH PROFESSIONALS - TWO OF MANY

Smiling Mind

Has a special program for health professions

Black Dog TEN

The Essential Network for health professionals
www.blackdoginstitute.org.au/ten/
(Launched on 6/8/20)

COVID-19 WELLBEING RESOURCES

Australian Psychological Society

www.psychology.org.au/COVID-19-Australians

Beyond Blue

Also have a range of programs directed at health professionals <https://coronavirus.beyondblue.org.au/>

Black Dog Institute

www.blackdoginstitute.org.au/coronavirus-anxiety-resources

Phoenix Australia

www.phoenixaustralia.org/coronavirus-covid-19/

Video FACE COVID

How To Respond Effectively To The Corona Crisis
www.youtube.com/watch?v=BmvNCdpHUYM

OTHER EMERGENCY SERVICES

Lifeline

13 11 14

Suicide Call Back Service

1300 659 467