



# 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: [qld.ama.com.au/events/wellbeing-at-work](http://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](http://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)

## Doctors' Health in Queensland (DHQ)

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)

[dhq.org.au](http://dhq.org.au)

## Australasian Doctors Health Network

Independent network of doctors' health services across Australia and New Zealand.

[www.adhn.org.au](http://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](http://www.drs4drs.com.au)

## Medical Benevolent Association of Queensland

[mbaq.org.au](http://mbaq.org.au)

## Hand-n-Hand

A peer support network for healthcare workers.

[www.facebook.com/groups/HandnHandAU](https://www.facebook.com/groups/HandnHandAU)

## Mindfulness in Medicine

Using mindfulness as a tool for living through difficult times.

[mcfm.com.au/mindfulness-in-medicine](http://mcfm.com.au/mindfulness-in-medicine)

## Pandemic Kindness Movement

Evidence-informed resources for health workforce

[aci.health.nsw.gov.au/covid-19/kindness](http://aci.health.nsw.gov.au/covid-19/kindness)

## Many Hats Network

Founded by Dr Kieran Allan.

[manyhats.network](http://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](http://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](http://www.blackdoginstitute.org.au/ten)

(Launched on 6/8/20)

## COVID-19 WELLBEING RESOURCES

### Australian Psychological Society

[www.psychology.org.au/COVID-19-Australians](http://www.psychology.org.au/COVID-19-Australians)

### Beyond Blue

Also have a range of programs directed at health professionals [coronavirus.beyondblue.org.au](http://coronavirus.beyondblue.org.au)

### Black Dog Institute

[www.blackdoginstitute.org.au/coronavirus-anxiety-resources](http://www.blackdoginstitute.org.au/coronavirus-anxiety-resources)

### Phoenix Australia

[www.phoenixaustralia.org/coronavirus-covid-19](http://www.phoenixaustralia.org/coronavirus-covid-19)

### Video FACE COVID

How To Respond Effectively To The Corona Crisis

[www.youtube.com/watch?v=BmvNCdpHUYM](https://www.youtube.com/watch?v=BmvNCdpHUYM)

## OTHER EMERGENCY SERVICES

### Lifeline

13 11 14

### Suicide Call Back Service

1300 659 467