



## Support for Doctors

Dear Colleagues,

These are unprecedented times. We are facing the challenge of providing high quality care at a time when health resources may become overwhelmed. It is vital that we don't forget to look after ourselves and our colleagues. Many of our usual stress relieving strategies are no longer accessible with social separation and closure of cinemas, theatres, sporting activities, gymnasiums, restaurants and bars.

Please keep in contact with your friends and colleagues.

There are many support programs for doctors. They offer confidential counselling, coaching and support for workplace and personal issues (relationships, drugs, alcohol, financial, gambling etc.) either face to face, over the phone or internet. These services often provide access to several sessions of confidential counselling by an independent provider.

### Here are some options:

- Speak with your **general practitioner**
- **Hospitals** have confidential staff **support programs**
- **Royal Australasian College of Physicians**
  - <https://www.racp.edu.au/fellows/physician-health-and-wellbeing/i-need-support>
  - <https://www.racp.edu.au/fellows/physician-health-and-wellbeing/resources>
- **Doctors for Doctors (DRS4DRS)**
  - A collaboration of Medical Board of Australia with AMA
  - <https://www.drs4drs.com.au/>
- **Victorian Doctors Health Program**
  - <http://www.vdhp.org.au/website/about.html>
- Rural Specialist Support
  - [www.ruralspecialist.org.au](http://www.ruralspecialist.org.au)
- **Professional Indemnity Insurers**
  - <https://www.mips.com.au/Membership/clinico-legal>
  - <https://www.avant.org.au/member-benefits/doctors-health-and-wellbeing/your-health/physical-and-mental-wellbeing/key-support-services/>
- **Beyond blue**
  - 1300 22 4636
  - <https://www.beyondblue.org.au/>
- **Lifeline**
  - 111314
  - <https://www.lifeline.org.au/>