



WA Country Health Service Junior Medical Officer Welfare Resources

Doctors Health Advisory Service WA (DHAS WA)

Phone: 08 9321 3098 Website: www.dhaswa.com.au

- Totally confidential health service available to all doctors 24 hours a day, seven days a week.
- Can be contacted by the person themselves or by a concerned colleague, friend or family member.
- Consists of a panel of experienced male and female GPs, reporting back to no organisation.
- Callers do not need to identify themselves.
- Service includes support for stress, depression, suicidal thoughts, substance abuse, grief or concerns about illness.
- Calls are exempt from the mandatory reporting requirements of the Medical Board of Australia.

Personal GP

It is recommended that all medical students and doctors have their own GP. Talk to a local for a recommendation. A list of doctors who have a special interest in treating doctors can be found here: www.dhaswa.com.au/drs-for-drs/

Employee Assistance Programs

- Professional counselling service available to all WA Health employees.
- Employees who wish to use the service provided by the Employee Assistance Program providers may contact them direct without managers, co-workers or family having any involvement.
- Employees (and their family members) are eligible for up to six sessions free of charge.
- Counselling is confidential and employers do not know who has accessed the service.

Employee Assistance Program contact details for WA Country Health Service (WACHS)	
WACHS intranet page: https://wahealthdept.sharepoint.com/sites/wachs-people-culture/SitePages/Employee-Assistance-Program.aspx	
Provider	Contact information
Benestar	P: 1300 360 364 www.benestar.com
People Sense	P: 1300 307 912 www.peoplesense.com.au

Other Resources

Title	Description and resources	Contact details
Rural Health West	Family and Social Support (for rural doctors and their families) www.ruralhealthwest.com.au/general-practice/family	P: (08) 6118 7176
Royal Australian College of General Practitioners (RACGP) – GP Support Program	A free service available to all RACGP members. Members can access professional advice to help cope with life's stressors which may include personal and work-related issues.	www.racgp.org.au/racgp-membership/member-offers/the-gp-support-program More information: 1800 331 626 24/7 crisis line: 1300 361 008
DRS4DRS	For doctors and medical students. Online resources, referral services and wellbeing. Free tele-counselling available. www.drs4drs.com.au/	P: (08) 9321 3098
Australasian Doctor's Health Network website	Contact phone numbers for help and support in time of need and health resources for junior doctors	www.adhn.org.au/
Postgraduate Medical Council of WA (PMCWA)	The WA JMO Forum has several resources available to you including <ul style="list-style-type: none"> • 2024 JMO Survival Guide • JMO Escalation Pathway 	P: (08) 9222 2125 E: PMCWA.JMOF@health.wa.gov.au
Rurallink	Confidential telephone service for people in rural and regional Western Australia experiencing a mental health crisis. www.mhc.wa.gov.au/getting-help/helplines/rurallink/	Free-call: 1800 552 002 Business hours 4.30pm – 8:30am (Monday to Friday) 24 hours Saturday, Sunday and public holidays
Lifeline	24 hour crisis support and suicide prevention. Online chat available www.lifeline.org.au/	Call 13 11 14 24 hour Helpline for emergency phone counselling
Beyond Blue	24 hour support service with trained mental health professionals. Online chat available www.beyondblue.org.au	Call 1300 224 636 24 hour Helpline
Suicide Call Back Service	The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling www.suicidecallbackservice.org.au/	Call 1300 659 467 24 hour Helpline