

WACHS JMO Welfare Resources

Doctors Health Advisory Service WA (DHAS WA)

Phone: 08 9321 3098 Website: <http://www.dhaswa.com.au>

- Totally confidential health service available to all doctors 24 hours a day, 7 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
- Problems dealt with include 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: <http://www.dhaswa.com.au/drs-for-drs/>

Employee Assistance Programs

- Professional counselling service available to all WA Health employees.
- 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.

EAP contact details via region	
WACHS intranet page: http://wachs.hdwa.health.wa.gov.au/index.php?id=10789	
Region	Counselling Provider
Kimberley	East Kimberley AnglicareWA Telephone: (08) 9166 5000 West Kimberley Benestar Telephone: 1300 360 364 Boab Health Services Telephone: (08) 9192 7888 or (08) 9166 8100
Pilbara	Benestar Telephone: 1300 360 364
Midwest	Access Telephone: (08) 9921 1433 Benestar Telephone: 1300 360 364
Wheatbelt	Access Telephone: 1300 667 700
Goldfields	Access Telephone: (08) 9921 1433 or 1300 667 700 Benestar Telephone: 1300 360 364
South West	Benestar Telephone: 1300 360 364 Access Telephone: 1300 667 700
Great Southern	AnglicareWA Telephone: (08) 9845 6666 Benestar Telephone: 1300 360 364

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Other Resources

Title	Description and resources	Contact details
Are you OK?	A website to promote the health and wellbeing of junior doctors	http://www.jmohealth.org.au
Rural Health West	Family and Social Support (for rural doctors and their families) https://www.ruralhealthwest.com.au/general-practice/family	P: (08) 6389 4500 E: rpcoordinator@ruralhealthwest.com.au
Royal Australian College of General Practitioners (RACGP)	24/7 service provides access to free advice and up to three counselling sessions for RACGP members	http://www.racgp.org.au/home GP support: 1300 366 789
DRS4DRS	For doctors and medical students. Online resources, referral services and wellbeing. Free tele-counselling available. https://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	http://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"> • JMO Survival Guide • JMO Health and Wellbeing guide. 	P: (08) 9222 2125 E: PMCWA@health.wa.gov.au E: PMCWA.JMOF@health.wa.gov.au
Rurallink	Confidential service for mental health issues. https://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 https://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 https://www.suicidecallbackservice.org.au/	Call 1300 659 467 24 hour Helpline