NSW and ACT Support Services

Find a local GP

Find a local GP with whom you can develop a relationship based around your care.
If you need assistance to find a GP contact your Director of Prevocational Education and Training,
Dr Louise Baker (Cowra)
Dr Isabella Hawke (Goulburn)
Dr Ganesh Ramabhatlan (Goulburn)
Dr Konrad Reardon (Bega)
Dr Stephen Ross (Young)
Dr Louise Tuckwell (Moruya)
Dr Rob Wiles (Cooma)
Or contact the Manager at the ANU RCS Hub on 0474 444 535.

Beyond Blue

1300 2246 36
beyondblue.org.au

Bush Support Services

Free and remain anonymous
24 hours a day for doctors and their families located in small rural or remote communities.
crana.org.au/support
1800 805 391

DRS4DRS – promoting a healthy medical profession

The website is only for medical professionals and medical students. It connects you to a trusted colleague through 24/7 doctors health services across the country and a lot of advice to keep you healthy.
drs4drugs.com.au

Doctors Health Advisory Service (DHAS)
dhas.org.au
Available to all doctors and medical students
02 9437 6552
24 hours, 7 days a week
Confidential support and advice
Service provided by a senior colleague

General Practice Registrars Australia (GPRA)

Services supporting the health of doctors
03 9629 8873
State-based services
Australian Capital Territory (Bond)
Helpline: 0407 265 414 – 24-hour Colleague of First Contact
New South Wales (Bond)
Helpline: 02 9437 6552 – 24-hour service
More information:
gpра.org.au/wellbeing/support-programs

Mental Health Association

wayahead.org.au

Mental Health Information Service
1300 794 991

Anxiety Disorders Information Line
1300 794 992

NSW Health JMO support Line
1300 JMO 321 (1300 566 321) to make an appointment
Confidential support and advice if you are experiencing unacceptable behaviour in the work-place.
Service provided by specially trained Senior Medical Officers across NSW.

SANE Australia

1800 18 SANE (7263)
sane.org

The Medical Benevolent Association of NSW mbansw.org.au

A registered charity run by Doctors for Doctors.
Counselling and Financial Assistance through times of crisis, illness, mental health, sickness and loss to help Doctors and their families in NSW and ACT with a view to an eventual return to independence.
Requests for Assistance
Social Worker—
Meredith McVey 02 9987 0504

Blue Buddies

UMO mentoring program — contact list available via ACT Government Intranet

Canberra Hospital and Health Services Employee Assistance Program

24/7 confidential service provided by
Assure
assureprograms.com.au
1800 808 374
Converge International
convergeinternational.com.au
1300 697 327

Benestar

benestar.com
1300 360 364 or
PeopleSense
peoplesense.com.au
1300 307 912

CHS wellbeing information for Canberra Health Services employees on rotation (login with your ACT GOV Account)

healthhub.act.gov.au/employment-resources/medical-officers/jmo-welfare

Prevocational Medical Education Officers (PMEOs), Director Prevocational Education and Training (DPET) and Deputy DPET

02 5124 3889
More contacts via ACT Government Intranet or Canberra Hospital switch.