Junior Doctor Support
Services available to you

Beyond Blue
1300 2246 36
beyondblue.org.au

SANE Australia
1800 18 SANE (7263)
sane.org

The Medical Benevolent Association of NSW (MBANSW)
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

NSW Health
JMO support Line
1300 JMO 321 (1300 666 321)
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

Mental Health Association
wayahead.org.au
Mental Health Information Service
1300 794 991
Anxiety Disorders Information Line
1300 794 992

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 Konrad Reardon (Bega)
Dr Louise Tuckwell (Moruya)
Dr Ganesh Ramanthan (Goulburn)
Or contact the Manager at the ANU RCS Hub on 0474 444 535.

Doctors Health Advisory Service (DHAS)
NSW and ACT
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

Blue Buddies
(JMO 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 687 327
Benestar
benestar.com
1300 360 364 or
PeopleSense
peoplesense.com.au
1300 307 912

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

CHS wellbeing information for Canberra Health Services employees on rotation
healthhub.act.gov.au/employment-resources/medical-officers/jmo-welfare

Printed July 2019