

Need a
bit of

HELP

People are
here for you

Converge International is the THS Employee Assistance Provider. You can access Employee Assist for up to 4 counselling sessions each year. These sessions are free, absolutely confidential and can be done during work or your own time. To make an appointment call **1300 687 327**.

Victorian/Tasmanian Doctors Health Program (VDHP/TDHP) is a confidential service that offers telephone advice to doctors in Victoria and Tasmania. They provide assistance for issues such as stress and anxiety, substance abuse problems and mental health concerns. Call **1800 991 997** (24 hours). Their website also has some useful resources www.vdhp.org.au

Are you OK? is a site overseen by junior doctors. It has self-assessment tools, vignettes of problems junior doctors face and tips on how to deal with them. <http://www.dhas.org.au/resources/resources-for-junior-medical-officers.html>

beyondblue has a number of resources about doctors mental health and also provide telephone support 24 hours day/7 days a week. Call **1300 22 4636**, chat online 3pm – 12am 7 days a week www.beyondblue.org.au

PMCT Staff can be a first point of contact for JMOs in difficulty or just wanting a chat, and can also help with advising you on other sources for specific assistance (eg burnout).

DRS4DRS has been developed by the medical profession for the medical profession. They have a network of doctors' health advisory and referral services, and offer an independent, safe, supportive and confidential service <https://www.drs4drs.com.au/>

GP The importance of doctors having their own GP is well recognised. To find a GP in your local area search <https://www.primaryhealthtas.com.au/for-the-community/>



PMCT
POSTGRADUATE
MEDICAL EDUCATION
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