

Need a  
bit of

HELP

People are  
here for you

The **THS Employee Assistance Providers (EAP)** are available 24/7 to assist you, or your immediate family members with free confidential counselling to assist with any personal or work-related issues that may be impacting on your wellbeing.

Newport & Wildman **1800 650 204**  
Catholic Care **1800 674 434**

Positive Solutions **1800 064 039**  
Converge International **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](http://www.vdhp.org.au)**

**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/>**

**beyondblue** has a number of resources about doctors' mental health and also provides 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](http://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).

**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  
COUNCIL OF TASMANIA

**[www.pmct.org.au](http://www.pmct.org.au)**