



Junior Medical Officer Welfare Resource Guide

Doctors Health Advisory Service WA (DHASWA)

Phone: (08) 9321 3098

Websites: dhaswa.com.au DRS4DRS

- Totally confidential health service available to all doctors 24 hours a day, seven 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.
- The service provides support for things like, 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.
- Drs4Drs offers a specialised medical and mental health support services for healthcare professionals.

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:

[Doctors Access List – DHASWA](#)

Employee Assistance Programs

- Professional counselling service available to all WA Health employees.
- Employees who wish to use the service provided by the EAP Providers may contact them direct without managers, co-workers or family having any involvement.
- 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.

Employee Assistance Program contact details		
WACHS Intranet Page	Employee Assistance Program	
TELUS Health	Workplace wellbeing made easy TELUS Health	P: 1300 360 364
PeopleSense	Employee Assistance Program EAP Services EAP Support	P: 1300 307 912

Other welfare resources

Title	Description of resource	Contact details
DRS4DRS	For doctors and medical students. Online resources, referral services and wellbeing. Free tele-counselling available.	DRS4DRS P: (08) 9321 3098
Doctors Health Alliance (Australasian Doctor's Health Network) website	Contact phone numbers for help and support in time of need and health resources for junior doctors	doctorshealthalliance.org.au/ P: 1800 006 888
Rural Health West	Family and Social Support (for rural doctors and their families)	Programs Supporting Rural Health Families P: (08) 6118 7176
Royal Australian College of General Practitioners (RACGP) – GP Support Program	A free service available to all RACGP members. Members can access professional advice to help cope with life's stressors which may include personal and work-related issues.	GP Support Program P: 1800 472 247
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 Escalation Pathway • JMO Wellbeing Guide 	Postgraduate Medical Council of Western Australia JMO Resources page JMO Support & Wellbeing P: (08) 9222 4010 E: PMCWA@health.wa.gov.au
Rurallink	Rurallink is an after-hours telephone service for people in rural and regional Western Australia experiencing a mental health crisis. Available 4.30pm – 8.30am weeknights and 24 hours on weekends and public holidays.	Rurallink P: 1800 552 002
Lifeline	24-hour crisis support and suicide prevention. Online chat available	lifeline P: 13 11 14

Beyond Blue	24-hour support service with trained mental health professionals. Online chat available.	Beyond Blue P: 1300 224 636
Suicide Call Back Service	The Suicide Call Back Service is a 24-hour, nationwide service that provides telephone and online counselling	Suicide Call Back Service P: 1300 659 467
This Way Up	Free online mental health treatment programs that empower you with the tools you need to take charge of your recovery.	Online Mental Health Treatment Programs THIS WAY UP
Online Psychology Services	If you don't want to see the psychologist in town or talk to someone from work, please utilise these websites to find a psychologist outside your area or online.	Australian Psychological Society Rural Health Connect Clear Health Psychology

Wellbeing resources for Aboriginal doctors

Title	Description of resources	Contact details
Looking After Yourself Our Way - info sheet	A quick, but comprehensive resource provides a visual reminder of self-care and wellbeing strategies, targeted at the Aboriginal workforce.	Looking After Yourself Our Way
Sharing Our Ways of Staying Strong - booklet	A guide packed full of self-reflection and self-care strategies to promote Aboriginal worker wellbeing in the health and human services sector	Sharing Our Ways of Staying Strong
Worker Wellbeing: Working Deadly: A guide for health workers	Created for Aboriginal workers in the Alcohol and other drug sector, this resource speaks to strategies to identify and manage stress and burnout.	Feeling Deadly, Working Deadly
Wellbeing for the Bush: A guide for health workers	Supports self-reflection, self-care and wellbeing, with broad applicability to the ACCHS clinical workforce.	Wellbeing for the Bush: A guide for health workers



		P: 1800 805 391
Self-Care Plan	Supports safety and wellbeing, with broad applicability to the ACCHS clinical workforce.	Self-Care Plan
The Miriam Rose Foundation Dadirri (Deep Listening) Resource	Offers an insight into an Aboriginal mindfulness practice that has the power to connect and transform people from all backgrounds.	The Miriam Rose Foundation Dadirri (Deep Listening)
Indigenous Healing as Mindfulness Practice Cards for Reflection, Discussion, Action	Provides individuals and teams with the opportunity to engage with culturally embedded reflections and guided discussions and meaningful activities to explore aspects of Aboriginal Knowing, Being and Doing in the workplace.	Indigenous Healing as Mindfulness Practice Cards for Reflection, Discussion, Action
WellMob resources	Brings together online resources made by and for our mob. Here you will find websites, apps, podcasts, videos, helplines, social media, and online programs all with a focus on social and emotional wellbeing.	WellMob

