



A HEALTH AND WELL-BEING
REFERENCE FOR WA JMOS

Postgraduate Medical Council
of Western Australia

This support guide has been collated for WA junior doctors by:

Postgraduate Medical Council of Western Australia

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For further copies of this document, please visit the PMCWA website.



DISCLAIMER: The information contained in this document is for general information only. It is not designed to take the place of professional advice based on individual situations. We urge you to seek assistance from your local doctor or one of the listed support groups.

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Junior Doctor Health and Well-Being

It is well known that your Intern and Resident Medical Officer years are an intense, challenging and frequently stressful time that will test you both clinically and personally.

If you or a colleague are finding things overwhelming or are experiencing any difficulties in your personal or professional life, help and support is available. The key message is to talk to someone about it and remember that you are not alone.

A good junior doctor is one that knows how and when to ask for help.

Need Help?

Help is available! There are support services both within your hospital and externally to assist anyone who needs support or advice.

Talk to someone. When you need help, you just need to ask for it. Talk to your family, friends, colleagues, GP, registrars, supervisors, Directors of Clinical Training, Medical Education Officer, Medical Education Registrar – there are many people who you can talk about any difficulties you are experiencing.

GP

Doctors need doctors. All junior doctors are encouraged to have their own personal GP. A GP will be able to provide you with holistic, objective advice and care. If you do not have a GP, the Doctors Health Advisory Service (DHASWA) has compiled a 'doctors for doctors' list <http://www.dhaswa.com.au/drs-for-drs/>. These doctors have expressed an interest in doctors' health and will see doctor patients as a priority. Alternatively, get a recommendation from a friend, family member, pharmacist or colleague.

Doctors' Health Advisory Service

If you want to talk to someone anonymously the Doctors' Health Advisory Service is an independent, confidential, 24-hour service staffed by experienced doctors for doctors in crisis, or those who are not sure where to go for help. Calls can be made anonymously by the person themselves, a family member, colleague or friend.

Phone: (08) 9231 3098 (available 24/7)

Further information available at:

www.adhn.org.au/contact/western-australia

Employee Assistance Program

A free, professional and completely confidential counselling service is provided for public sector employees, either over the telephone or in person, and is available 24/7. Employees and immediate family members can receive three counselling sessions for any issue where counselling is required. Employers do not find out who accesses this service.

<https://healthpoint.hdwa.health.wa.gov.au/workingathealth/staffsupport/Pages/employee-assistance-program.aspx>

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Further information is available through:

Converge International

1300 687 327

www.convergeinternational.com.au

Optum

1300 361 008

www.optum.com.au

The WA Country Health Service Employee Assistance Program providers vary by region and information is available on the WACHS Intranet Page:

<http://wachs.hdwa.health.wa.gov.au/index.php?id=10785>

Chaplain/Pastoral Services

Most hospitals offer a confidential chaplain service to staff as well as patients.

Postgraduate Medical Education Units

The Medical Education Unit at your hospital is always available to provide support and discuss any personal or professional concerns or issues.

Fiona Stanley Hospital

Chaplain, Pastoral Services

Via the help desk:

6152 2222

Onsite from 8:00am – 4:00pm and there is an on-call chaplain service after hours. Located on the ground floor - main hospital concourse, corridor left of Stanley Flowers, under the doctor's common room.

Director Medical Education

Dr Greg Sweetman

greg.sweetman@health.wa.gov.au; 6152 3634

Medical Education Officers

Ms Zoe Moran (Coordinator)

Ms Kylie Reed

Ms Erin Furness

Ms Nerinda Bradshaw

fsh.meu@health.wa.gov.au

Joondalup Health Campus

Director Postgraduate Medical Education

Dr Sue Davel

9400 9925

Medical Education Officer

Ms Michelle Karsdorp

KarsdorpM@ramsayhealth.com.au ; 9400 9378

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King Edward Memorial Hospital

Chaplain, Pastoral Services

9340 8256

24 hour on-call service. A Block, Level 1.

Director Postgraduate Medical Education

Dr Louise Farrell

kemh.postgrad@health.wa.gov.au; 9340 1388

Medical Education Officer

Mr Nicholas Bennett

Nicholas.Bennett@health.wa.gov.au; 6458 1181

Perth Children's Hospital

Chaplain, Pastoral Services

6456 0507

After Hours: Switchboard

Located in the Multi Faith Centre. 24 hour on-call service.

Director Postgraduate Medical Education

Dr Fiona Frazer

PGME@health.wa.gov.au; 6456 5197

Director Clinical Training

Dr Sarah Cherian

PGME@health.wa.gov.au; 6456 5292

Medical Education Officer

Mr Robert Evans

PGME@health.wa.gov.au; 6456 3312

Royal Perth Hospital

Chaplain, Pastoral Services

9224 2482

24 hour on-call service. Level 4, N Block, Colonial House, Wellington Street Campus.

JMO Wellbeing Officer

Muslim Prayer Room: 9:00am to 5:00pm. Ground Floor, Ainslie House

Dr Rich Read

9224 2342, 0416 228 326

Director Postgraduate Medical Education

Dr Lucy Kilshaw

lucy.kilshaw@health.wa.gov.au; 9224 7091

Medical Education Officers

Ms Marija Vlahov (Coordinator)

Marija.Vlahov@health.wa.gov.au; 9224 2250

Ms Erin Grasso

Erin.Grasso@health.wa.gov.au; 9224 7093

Ms Stephanie Ho

Stephanie.Ho@health.wa.gov.au ; 9224 3935

Ms Caroline Bentley

Caroline.Bentley@health.wa.gov.au ; 9224 3935

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Sir Charles Gairdner Hospital

Chaplain, Pastoral Services

9346 3425

24 hour on-call service. Ground Floor, E Block
(Gairdner & Verdun Entrance).

Muslim Prayer Hall: First Floor, E Block next to the
library.

Director Postgraduate Medical
Education

Dr Hadley Markus

SCGH.PostGradMedicalEducation@health.wa.gov.au

9346 3330

Medical Education Officer

Ms Trish Li

trish.li@health.wa.gov.au; 6457 7969

St John of God Midland Public and Private Hospitals

Director Postgraduate Medical
Education

Dr Tim Bates

Tim.Bates@sjog.org.au

Medical Education Officer

Ms Brianna Lock

MI.PGME@sjog.org.au

WA Country Health Services – General Enquiries

Chaplain, Pastoral Services

Chaplain and Pastoral Services are coordinated at
the hospital level. Contact your Medical Education
Unit for additional details.

Director of Medical Education

Dr David Oldham

meu@health.wa.gov.au; 6553 0856

Medical Education Officers

Ms Lynda Gibbs

Ms Laura Humphry

Ms Gabriela Hutchinson

Ms Vicki Daily (CRP)

meu@health.wa.wa.gov.au; 6553 0856

WA Country Health Services – Great Southern, Albany Health Campus

Director Clinical Training

Dr Peter Kendall

Peter.Kendall@health.wa.gov.au

Medical Education Officer

Ms Dale Broderick

dale.broderick@health.wa.gov.au; 9892 2252

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WA Country Health Services – Kimberley – Broome Health Campus

Director Clinical Training

Dr David Forster

david.forster@health.wa.gov.au; 9194 2222

Medical Education Officer

Ms Trenna Wadge

trenna.wadge@health.wa.gov.au; 9194 2880

WA Country Health Services – South West – Bunbury Hospital at South West Health Campus

Director Clinical Training

Dr Perry (James) Travers

James.Travers@health.wa.gov.au

Medical Education Officer

Ms Judi Gibbs

judi.gibbs@health.wa.gov.au; 9722 1490

WA Country Health Services – Goldfields Region – Kalgoorlie Health Campus

Director Clinical Training

Dr Frances Werner

frances.werner@health.wa.gov.au; 9080 5888

Medical Education Officer

Ms Leanne Blazely

leanne.blazely@health.wa.gov.au; 9080 5870

WA Country Health Services – Midwest – Geraldton Hospital

Director Clinical Training

Dr Jaclyn Chin

jaclyn.chin@health.wa.gov.au; 9956 2222

Medical Education Officer

Ms Joanne Blayney

joanne.blayney@health.wa.gov.au; 9956 8739

WA Country Health Services – Pilbara – Hedland Health Campus

Director Clinical Training

Dr Vafa Naderi

vafa.naderi@health.wa.gov.au; 9174 1000

Medical Education Officer

Ms Crystel Coffey

crystal.coffey@health.wa.gov.au; 9174 1047

If your hospital is not listed above, please visit the PMCWA website for MEO contact details: <https://www.pmcwa.org.au/committee/meo-network-group/> or contact PMCWA for the contact details of your Postgraduate Medical Education Unit.

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Further Information

There are a vast range of support and resources available online for any challenges you may be experiencing.

Organisation	Contact	Details
Junior Doctor Health/Help		
Australian Medical Association Doctors' Health	(08) 9273 3000 https://ama.com.au/resources/doctors-health	Resources, tools and information on doctors' health and wellbeing.
Doctors' Health Advisory Service	(08) 9321 3098 (available 24/7) www.adhn.org.au/contact/western-australia www.dhas.org.au/resources/resources-for-junior-medical-officers.html http://www.dhaswa.com.au/drs-for-drs/	An independent, confidential, 24-hour service staffed by experienced doctors for doctors in crisis or not sure where to go for help. Calls can be anonymous and made by the person themselves, a family member, colleague or friend. The 'doctors for doctors list' – a list of doctors who have expressed an interest in doctors' health – and willing to see a doctor (and medical student) patients as a priority.
Health and Wellbeing of Junior Doctors	www.jmohealth.org.au	Website targeting junior doctors and the issues that can lead to mental health problems, with self-assessment tools and advice.
Mental Health – URGENT HELP		
Emergency Services	000	In an emergency.
Lifeline	13 11 14 (available 24/7) www.lifeline.org.au	Crisis support with a key focus on suicide prevention.
Mens Line Australia	1300 78 99 78 (available 24/7) www.mensline.org.au	Supports men who are dealing with family, relationship and well-being difficulties.
Suicide Call Back Service	1300 659 467 (available 24/7) http://suicidcallbackservice.org.au	Free nationwide telephone and online counselling for anyone affected by suicide, or suicidal thoughts.
Mental Health and Well-Being		
Beyondblue	1300 224 636 (available 24/7) www.beyondblue.org.au	Information on depression, anxiety and how to help yourself, or a friend in need.
Mindhealthconnect	www.mindhealthconnect.org.au	Mental health and well-being information, support and services.
MindSpot Clinic	1800 614 434 http://mindspot.org.au	Online and telephone clinic providing assessment and treatment for adults with anxiety and depression.
Mood Swings	www.moodswings.net.au	An online self-help program for bipolar disorder.
R-cubed	www.rcubed.org.au	Strategies for JMOs to build resilience.
Eating Disorders and Body Image		
Butterfly Foundation	1800 334 673 (weekdays 8am – 9pm AEST) http://thebutterflyfoundation.org.au	Butterfly's ED HOPE is Australia's national eating disorders support service providing phone, email and web counselling as well as a range of online resources.
Gambling		
Gambling Help Online	1800 858 858 (available 24/7) http://gamblinghelponline.org.au	Counselling, information and support online (email and live chat) and by phone for people experiencing gambling issues.

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Relationships and Assault		
1800 Respect	1800 737 732 (available 24/7) www.1800respect.org.au	National sexual assault, domestic family violence counselling service.
Blue Knot Foundation	1300 657 380 www.blueknot.org.au	A service to adult survivors of childhood abuse, their friends and family and the health care professionals who support them.
Relationships Australia	1300 364 277 www.relationships.com.au	Support groups and counselling on relationships, and for abusive and abused partners.
Safe Relationships Project	1800 65 64 63 (available 24/7) www.anothercloset.com.au	Provides men and women in same sex relationships with support, advocacy, referral and information.
White Ribbon	www.whiteribbon.org.au <ul style="list-style-type: none"> • Women's Domestic Violence Helpline: 1800 007 339 or (08) 9223 1188 • Crisis Care: 1800 199 008 or (08) 9233 1111 • Sexual Assault Res. Centre: 1800 199 888 or (08) 9340 1828 • Men's Helpline: 1800 000 599 or (08) 9223 1199 	Male led campaign to end violence against women.
Sexuality and Gender		
Freedom Centre	(08) 9228 0354 www.freedom.org.au	Provides peer support services, information, referrals and a safe social place for young people (under 26) who are LGBTI.
Gender Centre	(02) 9519 7599 www.gendercentre.org.au	Gender Centre provides services which enhance the ability of transgender people to make informed choices.
Living Proud	1800 184 527 www.livingproud.org.au	LGBTI Community services of WA.
National LGBTI	(02) 8568 1123 http://lgbtihealth.org.au	Health-related programs, services and research focused on LGBTI and other sexuality and gender diverse people.
Substance Abuse		
Alcoholics Anonymous	1300 222 222 (available 24/7) www.aa.org.au	Program for recovery from alcohol abuse.
Alcohol and Drug Info Service	(08) 9442 5000 (available 24/7) www.dao.health.wa.gov.au	Confidential, non-judgemental 24/7 helpline for people seeking assistance with alcohol or other drug use.
Counselling Online	1800 198 024 – regional (08) 9442 5000 – metropolitan (available 24/7) www.counsellingonline.org.au	Confidential counselling and referral line for people using alcohol and other drugs.
Narcotics Anonymous	1300 652 820 (available 24/7) http://na.org.au	Program for recovery from drug abuse.