

'Looking after Yourself' Resource List (details current as at 16/11/21)

1) drs4drs.com.au

An independent program providing confidential support & resources to Drs & med students across Aust. Website provides coordinated access to mental health & wellbeing resources, training on becoming a Dr for Drs, navigation to each state/territory helpline & referral services. Confidential phone advice available 24/7 for any Dr/med student in Aust.

2) RACGP's 'Self-care and mental health resources for general practitioners'

4 page brochure detailing resources & services specifically developed for GPs & health professionals, relating to self-care and mental health wellbeing. Download file at:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20management/Self-care-and-mental-health-resources-for-general-practitioners.PDF>

3) RACGP's 'Keeping the Doctor Alive'

Guidebook provides Drs with info & resources on strategies for self-care as an essential element of their professional life. Aims:

- a) encourage Drs to recognise & discuss challenges facing them
- b) promote self-care as an integral & accepted part of the professional life of Drs
- c) assist Drs to develop useful strategies for self-care

Download file at:

<https://www.racgp.org.au/FSDEDEV/media/documents/Running%20a%20practice/Practice%20resources/Keeping-the-doctor-alive.pdf>

4) RACGP's 'GP Support Program' (<https://www.racgp.org.au/membership/the-gp-support-program>)

Ph: 1300 361 008. Free service offered by RACGP to members. Delivered by qualified psychologists. Counselling methodology: S/T CBT approach: collaborative & individualised program to identify unhelpful thoughts & behaviours; learn/relearn healthier skills & habits. Access professional advice to help cope with life's stressors e.g. personal & work related issues that impact on wellbeing, work performance, safety, workplace morale & mental health. Can cover issues: handling work pressures; managing conflict; grief & loss; relationship issues; concerns about children; anxiety & depression; D+A issues; traumatic incidents. Call for:

- appointments (F2F or phone counselling) during Mon-Fri 8.30am-6pm. Initial registration take 3-5 minutes. Wide range of metro, regional & rural locations across Aust
- traumatic incidents/crisis counselling (24/7)
- 1st 3 consults free. Further free sessions possible

5) ACRRM's Employee Assistance Program (EAP) (<https://www.acrrm.org.au/support/wellbeing>)

Ph: 1800 818 728. Members experiencing workplace, training, exam, or other stresses or issues impacting your personal wellbeing can call ACRRM's Employee Assistance Program (EAP) for free to receive immediate and confidential phone counselling support 24/7 in Australia and overseas. Website also list useful resources.

6) CRANAplus' Bush Support Services (<https://crana.org.au/mental-health-wellbeing/call-1800-805-391>)

Ph: 1800 805 391. Free, confidential 24/7 phone counselling service for rural & remote health practitioners. Service staffed by psychologists - including 2 Aboriginal psychologists. CRANAplus membership not required to access service.

7) The Blue Knot Helpline (<https://blueknot.org.au/>)

Ph: 1300 657 380. Provides support to callers - including GPs. Operates 9am - 5pm daily