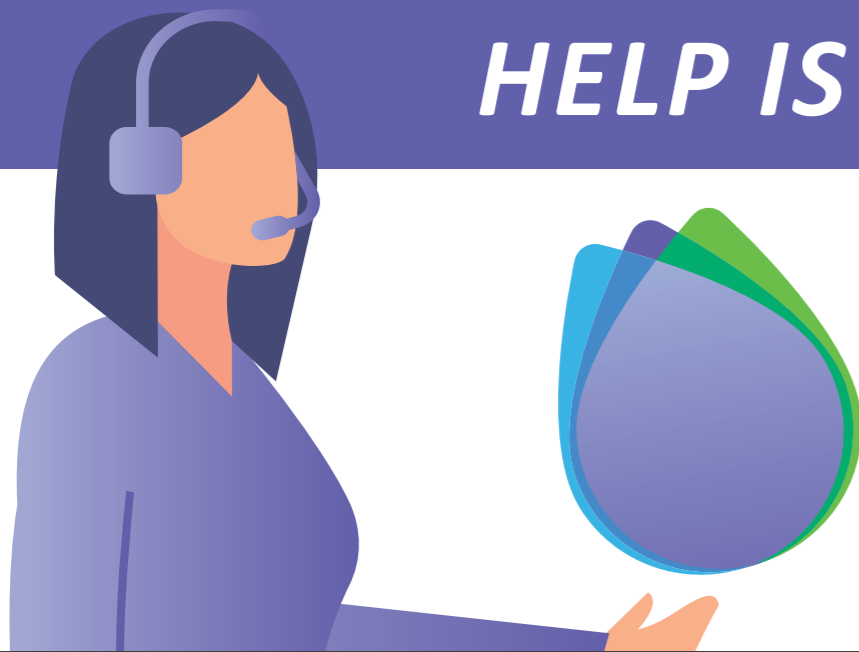


# HELP IS ONLY A CALL AWAY!



## DOCTORS' HEALTH in QUEENSLAND

HELPLINE 24/7  
(07) 3833 4352

**WHO WE ARE:** A confidential, independent not-for-profit organisation developed for doctors by doctors

**OUR AIM:** To promote the health and wellbeing of doctors and medical students across Queensland

### HOW DO WE DO THIS?

#### 1 HELPLINE

**HELPLINE NUMBER  
(07) 3833 4352**

By providing a 24/7 confidential helpline available free of charge to all QLD-based doctors and medical students.

##### What do people call about?

- ▶ Workplace and study stress
- ▶ Physical health, personal difficulties and mental health matters
- ▶ Bullying and harassment
- ▶ Help finding a GP, specialist or psychologist
- ▶ Debriefing following clinical incidents, medical errors and complaints
- ▶ Support when facing medico-legal or mandatory reporting concerns (alongside support from an MDO)

#### 2 EDUCATION

##### Delivering education about:

- ▶ doctors' health
- ▶ self care
- ▶ creating healthy workplaces
- ▶ how to be a better doctor for other doctors

##### Delivering education for:

- ▶ All QLD based medical students and doctors at every career stage
- ▶ We have worked with the RACGP, RANZCP, RDAQ, Metro North, Metro South, Darling Downs HHS, UQ, JCU, Griffith Uni and Bond Uni

##### Delivering education how:

- ▶ Education can be provided face to face or via teleconference

#### 3 ADVOCACY

By advocating for doctors' wellbeing across Queensland, Australia and internationally at conferences and through research

#### 4 AWARENESS

Distribution of materials at conferences and to other organisations for distribution e.g. through medical education units.

#### 5 RESEARCH

Support for organisations involved in research and proactive engagement with research into doctors' health and well-being.

#### 6 NETWORKING

Including support for other organisations developing their doctors' health education and resource materials.

**Admin and educational enquiries:**  
admin@dhq.org.au

**Personal support HELPLINE:**  
(07) 3833 4352

**Crisis support:**  
Lifeline 13 11 14  
Beyond Blue 1300 22 45 36

**More information:**  
www.dhq.org.au



@DocHealthQLD



Queensland Doctors' Health Programme is the service arm of Doctors' Health in Queensland. QDHP is an independent service supported through funding from the Medical Board of Australia.