



Queensland Doctors' Health Programme

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 ADVOCATING

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.

CONTACT US

Administrative enquiries:
admin@qdhp.org.au

Educational enquires:
education@qdhp.org.au

Personal support HELPLINE:
(07) 3833 4352

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

More information:
www.dhasq.org.au

@DocHealthQLD



The QDHP is an independent service supported through funding from the Medical Board of Australia

QDHP is the service arm of Doctors' Health Advisory Service Queensland
DHAS(Q)
Doctors' Health Advisory Service