



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

