

AGES Webinar

Doctor Mental Health during the COVID-19 crisis

COMBINED RESOURCES

Read

- Staying Strong: Fostering Resilience in the Medical Community
<http://executive-strength.com/blog/>
- Face COVID eBook by Russ Harris
<https://ages.com.au/wp-content/uploads/2020/05/FACE-COVID-eBook-by-Russ-Harris-March-2020.pdf.pdf> Face COVID-19 by Russ Harris
- Understanding and Addressing Sources of Anxiety Among Health Care Professionals During the COVID-19 Pandemic. (JAMA : 2020 Apr 7; Tait Shanafelt, Jonathan Ripp, Mickey Trockel)

Cognitive Institute partners with healthcare providers globally to share our *Know How* – knowledge, insights and experience, to equip leaders and their teams with non-technical skills, to practise safer, more reliable and kinder healthcare.

- **Read** or **Listen** to Audiobook -The Resilience Project by Hugh Van Cuylenburg

Watch

- Cognitive Institute webinar free: <https://www.cognitiveinstitute.org/covid-19-webinar/>
- Face COVID – How to respond effectively to the corona virus:
<https://www.youtube.com/watch?v=BmvNCdpHUYM>

Additional Resources

- The Burnout Project: <https://www.theburnoutproject.com.au/>
- Mentate: <https://www.mentate.org/> - referral network linking Australian COVID-19 frontline doctors requiring clinical assessment and treatment with psychiatrists.
- ACT Mindfully: <https://www.actmindfully.com.au/>
- The Black Dog Institute: <https://www.blackdoginstitute.org.au/> - Mental health research, with impact for the whole community
- Lysn: <https://welysn.com/> - Talk to qualified psychologists
- Headspace APP: <https://www.headspace.com/> - Mindfulness for your everyday life

Contact

- RANZCOG Members Support and Wellbeing
<https://ranzcof.edu.au/members/member-support-and-wellbeing>

RESOURCES IN AUSTRALIA

Immediate help needed:

Beyond blue: 1300 22 4636

Lifeline: 13 11 14

Headspace: 1800 650 890

Support Networks Available:

General Practitioner

All of us should be registered with a GP and consult them regularly. Self-diagnoses and prescribing are discouraged!!

Australian Medical Association, Victoria and Tasmania

The Australian Medical Association peer support service is an anonymous and confidential helpline provided for doctors by doctors and is available to any doctor or medical student who lives, works or studies in Victoria or Tasmania. The service provides a first point of contact and support for callers who would like to talk through issues regarding any aspect of their life, including stressful incidents, violence or trauma in the workplace, workplace issues such as bullying, workload concerns, feelings of stress or inability to cope, burnout, career plans, professional life, personal issues and general well-being.

The service is available 8am to 11pm, 7 days a week on 1300 853 338.

Doctors Health Services:

- www.drs4drs.com.au (24 hours)
- <http://www.dhas.org.au> (24 hours)

The DHAS provides confidential advice relating to stress and mental illness, drug and alcohol problems, personal and financial difficulties. The helpline is there to provide personal advice to doctors and medical students. Some state Advisory Services also provide health promotion programs and educational information through their website and presentations to interested groups.

NSW	<u>DHAS</u>	24 hours a day, 7 days a week	02 9437 6552
ACT	<u>DHAS</u>	24 hours a day, 7 days a week	0407 265 414
NT	<u>Doctors' Health NT</u>	24 hours a day, 7 days a week	08 8366 0250
QLD	<u>DHAS</u>	24 hours a day, 7 days a week	07 3833 4352
SA	<u>Doctors' Health SA</u>	24 hours a day, 7 days a week	08 8232 1250
VIC	<u>Victorian Doctors' Health Program</u>	9am to 5pm, Monday to Friday	03 9280 8712
WA	<u>DHAS</u>	24 hours a day, 7 days a week	08 9321 3098
NZ	DHAS NZ	24 hours a day, 7 days a week	0800 471 2654

RESOURCES IN NEW ZEALAND

Immediate help needed:

If you need help right now and want to talk to someone you can free call or text 1737 any time for support from a trained counsellor.

Lifeline 0800 543354 (0800 LIFELINE)

Suicide Crisis Helpline 0508 828 865 (0508 TAUTOKO)

Support Networks Available:

Medical Assurance/Medical Protection

Free Counselling up to 6 hours with a counsellor, psychologist or psychiatrist of your choice – most are on their preferred provider list. Call 0800 2255677 to arrange. Calls are in strictest confidence and your details are not passed to any other Medical bodies.

Wahine Connect. <https://www.wahineconnect.nz>

A peer to peer support network for women Drs in NZ at all levels, offering career advice and support for Drs going through divorce, bereavement, bullying or other workplace issues

Employee Assistance Programme

All District Health Boards provide for 3 free confidential sessions and can assist with a wide range of issues – debriefing following a traumatic event at work, stress and anxiety at home/work, bereavement, substance abuse, mental health issues, etc. Phone 0800 735 343 or visit www.eapworks.co.nz or www.eapservices.co.nz depending on your local provider of these services.

General Practitioner

All of us should be registered with a GP and consult them regularly. Self-diagnoses and prescribing are discouraged!!

Doctor's Health advisory Service

A 24 hour help line on 0800 4712654. You may get an answerphone, but the message will include a mobile number for a Dr you can call.

Self-care

Reassess your diet and your alcohol intake. Alcohol and Drug Helpline: 0800 787797
Remember the benefits of regular exercise and of regular relaxation.

Consider trying mindfulness or other stress management techniques such as yoga, meditation. Apps such as Headspace or Calm are helpful if you are new to mindfulness meditation.

If you are concerned about a colleague

If you are concerned about a colleague's health and fitness to practice you can discuss it with a Health Case Manager at the NZ Medical Council on 0800 286 801. You can discuss it as a 'hypothetical' situation initially, without identifying them, to help you decide whether you should take your concerns further. The Medical Council of NZ has a lot of further information on their website regarding health concerns in doctors, notification process and what happens next etc.

New Zealand Medical Association

The New Zealand Medical Association (NZMA) provides an advisory service to assist on a variety of issues, including staff employment and running a practice. NZMA members and families of deceased members may apply for aid in situations of financial hardship or distress from the Medical Benevolent Society.

Contact the NZMA on 0800 656 161.

Te ORA Maori Medical Practitioners Association

Te ORA represents Maori medical students, doctors and medical practitioners working as clinicians, specialists, researchers and teachers.

Te ORA runs:

- a GP Peer Support Group that meets quarterly to provide collegial, personal and professional development for Maori General Practitioners
- Te Whatu, a mentoring service, which provides a unique space for Maori medical practitioners to support one another

Contact Te ORA on 0800 483 672.

SEEING THE WARNING SIGNS

High-functioning individuals are often very effective at concealing quite high levels of distress. These are warning signs you may see in yourself or others:

- feeling the need to put on a brave face
- struggling at work, or feeling overwhelmed
- poor concentration
- inability to make decisions
- disappearing while on shift
- increasing use of alcohol or drugs
- poor attention to physical appearance
- loss of energy
- may lack insight
- low moods, increased anxiety or irritability
- withdrawing or feeling isolated
- sleeping too much or too little
- colleagues raising concerns