



A HEALTH AND WELL-BEING  
REFERENCE FOR WA JMOS

Postgraduate Medical Council  
of Western Australia

**This support guide has been collated for WA junior doctors by:**

**Postgraduate Medical Council of Western Australia**

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[www.facebook.com/PMCWA](https://www.facebook.com/PMCWA)

For further copies of this document, please visit the PMCWA website.



**DISCLAIMER:** The information contained in this document is for general information only. It is not designed to take the place of professional advice based on individual situations. We urge you to seek assistance from your local doctor or one of the listed support groups.

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## Junior Doctor Health and Well-Being

It is well known that your intern and Resident Medical Officer years are an intense, challenging and frequently stressful time that will test you both clinically and personally.

If you or a colleague are finding things overwhelming or are experiencing any difficulties in your personal or professional life, help and support is available. The key message is to talk to someone about it and remember that you are not alone.

A good junior doctor is one that knows how and when to ask for help.

## Need Help?

Help is available. There are support services both within your hospital and externally to assist anyone who is in need of support or advice.

Talk to someone. When you need help, you just need to ask for it. Talk to your family, friends, colleagues, GP, registrars, supervisors, Directors of Clinical Training, Medical Education Officer – there are many people who you can talk about any difficulties you are experiencing.

### GP

Doctors need doctors. All junior doctors are encouraged to have their own personal GP. A GP will be able to provide you with holistic and objective advice and care. If you do not have a GP, get a recommendation from a friend, family member or colleague. Alternatively you can ask a local pharmacist, search online or contact the Doctors' Health Advisory Service.

### Doctors' Health Advisory Service

If you want to talk to someone anonymously the Doctors' Health Advisory Service is an independent, confidential, 24-hour service staffed by experienced doctors for doctors in crisis, or those who are not sure where to go for help. Calls can be made anonymously by the person themselves, a family member, colleague or friend.

Phone: (08) 9231 3098 (available 24/7)

Further information available at:

[www.adhn.org.au/contact/western-australia](http://www.adhn.org.au/contact/western-australia)

### Employee Assistance Program

A free, professional and completely confidential counselling service is provided for public sector employees, either over the telephone or in person, and is available 24/7. Employees and immediate family members can receive three counselling sessions for any issue where counselling is required. Employers do not find out who accesses this service.

<https://healthpoint.hdwa.health.wa.gov.au/workingathealth/staffsupport/Pages/employee-assistance-program.aspx>

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Further information is available through:

**Converge International**

1300 687 327

[www.convergeinternational.com.au](http://www.convergeinternational.com.au)

**Optum**

1300 361 008

[www.optum.com.au](http://www.optum.com.au)

The WA Country Health Service Employee Assistance Program providers vary by region and information is available on the WACHS Intranet Page:

<http://wachs.hdwa.health.wa.gov.au/index.php?id=10785>

**Chaplain/Pastoral Services**

Most hospitals offer a confidential chaplain service to staff as well as patients.

**Postgraduate Medical Education Units**

The Medical Education Unit at your hospital is always available to provide support and discuss any personal or professional concerns or issues.

**Fiona Stanley Hospital**

Chaplain, Pastoral Services

Via the help desk:

6152 2222

Onsite from 8:00am – 4:00pm and there is an on-call chaplain service after hours. Located on the ground floor - main hospital concourse, corridor left of Stanley Flowers, under the doctor's common room.

Director of Medical Education

Dr Greg Sweetman

[greg.sweetman@health.wa.gov.au](mailto:greg.sweetman@health.wa.gov.au); 6152 3634

Medical Education Officers

Ms Zoe Moran (Coordinator), Ms Erin Furness, Ms Kylie Reed, Mr Jonathan Oldham

[fsh.meu@health.wa.gov.au](mailto:fsh.meu@health.wa.gov.au)

**King Edward Memorial Hospital**

Chaplain, Pastoral Services

9340 8256

24 hour on-call service. A Block, Level 1.

Director Postgraduate Medical Education

Dr Louise Farrell

[kemh.postgrad@health.wa.gov.au](mailto:kemh.postgrad@health.wa.gov.au); 9340 1388

Medical Education Officer

Mr Nick Bennett

[Nicholas.Bennett@health.wa.gov.au](mailto:Nicholas.Bennett@health.wa.gov.au); 6458 1388

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## Princess Margaret Hospital

Chaplain, Pastoral Services	9340 8670 After Hours: 9340 8222 Located in the Multi Faith Centre. 24 hour on-call service.
Director Postgraduate Medical Education	Dr Fiona Frazer <a href="mailto:PGME@health.wa.gov.au">PGME@health.wa.gov.au</a> ; 9340 7060
Director Clinical Training	Dr Sarah Cherian <a href="mailto:PGME@health.wa.gov.au">PGME@health.wa.gov.au</a> ; 9340 8222
Medical Education Officer	Mr Robert Evans <a href="mailto:PGME@health.wa.gov.au">PGME@health.wa.gov.au</a> ; 9340 7099

## Royal Perth Hospital

Chaplain, Pastoral Services	9224 2482 24 hour on-call service. Level 4, N Block, Colonial House, Wellington Street Campus.  Muslim Prayer Room: 9:00am to 5:00pm. Ground Floor, Ainslie House.
Director Postgraduate Medical Education	Dr Lucy Kilshaw <a href="mailto:lucy.kilshaw@health.wa.gov.au">lucy.kilshaw@health.wa.gov.au</a> ; 9224 7091
Medical Education Officer	Ms Patti Fritz <a href="mailto:patricia.fritz@health.wa.gov.au">patricia.fritz@health.wa.gov.au</a> ; 9224 7093  Ms Marija Rizmanoska <a href="mailto:Marija.Rizmanoska@health.wa.gov.au">Marija.Rizmanoska@health.wa.gov.au</a> ; 9224 2250

## Sir Charles Gairdner Hospital

Chaplain, Pastoral Services	9346 3425 24 hour on-call service. Ground Floor, E Block (Gairdner & Verdun Entrance).  Muslim Prayer Hall: First Floor, E Block next to the library.
Director Postgraduate Medical Education	Dr Hadley Markus <a href="mailto:SCGH.PostGradMedicalEducation@health.wa.gov.au">SCGH.PostGradMedicalEducation@health.wa.gov.au</a> 9346 3330

Medical Education Officer Ms Trish Li  
[trish.li@health.wa.gov.au](mailto:trish.li@health.wa.gov.au); 6457 7969

### **WA Country Health Services – General Enquiries**

Chaplain, Pastoral Services Chaplain and Pastoral Services are coordinated at the hospital level. Contact your Medical Education Unit for additional details.

Director Postgraduate Medical Education Dr Monica Gope and Dr Paul Myhill  
[pmeu@health.wa.gov.au](mailto:pmeu@health.wa.gov.au); 9323 6630

Medical Education Officer Ms Suzi Wood  
[Suzanne.wood2@health.wa.wa.gov.au](mailto:Suzanne.wood2@health.wa.wa.gov.au); 9323 6628

Ms Jo Scammell  
[joanne.scammell@health.wa.gov.au](mailto:joanne.scammell@health.wa.gov.au); 9323 6629

Ms Rebecca McNeilage  
[Rebecca.McNeilage@health.wa.gov.au](mailto:Rebecca.McNeilage@health.wa.gov.au); 9323 6600

### **WA Country Health Services – Great Southern, Albany Health Campus**

Director Clinical Training Dr Peter Kendall

Medical Education Officer Ms Dale Broderick  
[dale.broderick@health.wa.gov.au](mailto:dale.broderick@health.wa.gov.au); 9892 2252

### **WA Country Health Services – Kimberley – Broome Health Campus**

Director Clinical Training Dr David Forster  
[david.forster@health.wa.gov.au](mailto:david.forster@health.wa.gov.au); 9194 2222

Medical Education Officer Ms Trenna Wadge  
[trenna.wadge@health.wa.gov.au](mailto:trenna.wadge@health.wa.gov.au); 9194 2880

### **WA Country Health Services – South West – Bunbury Hospital at South West Health Campus**

Director Clinical Training Dr Perry (James) Travers

Medical Education Officer Ms Judi Gibbs  
[judi.gibbs@health.wa.gov.au](mailto:judi.gibbs@health.wa.gov.au); 9722 1490

### **WA Country Health Services – Goldfields Region – Kalgoorlie Health Campus**

Director Clinical Training Dr Frances Werner  
[frances.werner@health.wa.gov.au](mailto:frances.werner@health.wa.gov.au); 9080 5888

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Medical Education Officer

Ms Leanne Blazely

[leanne.blazely@health.wa.gov.au](mailto:leanne.blazely@health.wa.gov.au); 9080 5870

**WA Country Health Services – Midwest** – Geraldton Hospital

Director Clinical Training

Dr Nabil Mohammed Richi

[Mohammed.richi@health.wa.gov.au](mailto:Mohammed.richi@health.wa.gov.au); 9956 2222

Medical Education Officer

9956 8739

**WA Country Health Services – Pilbara** – Hedland Health Campus

Director Clinical Training

Dr Vafa Naderi

[vafa.naderi@health.wa.gov.au](mailto:vafa.naderi@health.wa.gov.au); 9174 1000

Medical Education Officer

Ms Crystel Coffey

[crystal.coffey@health.wa.gov.au](mailto:crystal.coffey@health.wa.gov.au); 9174 1047

*If your hospital is not listed above, please visit the PMCWA website for MEO contact details: [ww2.health.wa.gov.au/About-us/Postgraduate-Medical-Council/Education-and-Training/Medical-Education-Officers](http://ww2.health.wa.gov.au/About-us/Postgraduate-Medical-Council/Education-and-Training/Medical-Education-Officers) or contact PMCWA for the contact details of your Postgraduate Medical Education Unit.*

## Further Information

There are a vast range of support and resources available online for any challenges you may be experiencing.

Organisation	Contact	Details
<b>Junior Doctor Health/Help</b>		
<b>Australian Medical Association Doctors' Health</b>	(08) 9273 3000 <a href="https://ama.com.au/resources/doctors-health">https://ama.com.au/resources/doctors-health</a>	Resources, tools and information on doctors' health and wellbeing.
<b>Doctors' Health Advisory Service</b>	(08) 9321 3098 (available 24/7) <a href="http://www.adhn.org.au/contact/western-australia">www.adhn.org.au/contact/western-australia</a>  <a href="http://www.dhas.org.au/resources/resources-for-junior-medical-officers.html">www.dhas.org.au/resources/resources-for-junior-medical-officers.html</a>	An independent, confidential, 24-hour service staffed by experienced doctors for doctors in crisis or not sure where to go for help. Calls can be anonymous and made by the person themselves, a family member, colleague or friend.
<b>Health and Wellbeing of Junior Doctors</b>	<a href="http://www.jmohealth.org.au">www.jmohealth.org.au</a>	Website targeting junior doctors and the issues that can lead to mental health problems, with self-assessment tools and advice.
<b>Mental Health – URGENT HELP</b>		
<b>Emergency Services</b>	000	In an emergency.
<b>Lifeline</b>	13 11 14 (available 24/7) <a href="http://www.lifeline.org.au">www.lifeline.org.au</a>	Crisis support with a key focus on suicide prevention.
<b>Mens Line Australia</b>	1300 78 99 78 (available 24/7) <a href="http://www.mensline.org.au">www.mensline.org.au</a>	Supports men who are dealing with family, relationship and well-being difficulties.
<b>Suicide Call Back Service</b>	1300 659 467 (available 24/7) <a href="http://suicidcallbackservice.org.au">http://suicidcallbackservice.org.au</a>	Free nationwide telephone and online counselling for anyone affected by suicide, or suicidal thoughts.
<b>Mental Health and Well-Being</b>		
<b>Beyondblue</b>	1300 224 636 (available 24/7) <a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>	Information on depression, anxiety and how to help yourself, or a friend in need.
<b>Mindhealthconnect</b>	<a href="http://www.mindhealthconnect.org.au">www.mindhealthconnect.org.au</a>	Mental health and well-being information, support and services.
<b>MindSpot Clinic</b>	1800 614 434 <a href="http://mindspot.org.au">http://mindspot.org.au</a>	Online and telephone clinic providing assessment and treatment for adults with anxiety and depression.
<b>Mood Swings</b>	<a href="http://www.moodswings.net.au">www.moodswings.net.au</a>	An online self-help program for bipolar disorder.
<b>R-cubed</b>	<a href="http://www.rcubed.org.au">www.rcubed.org.au</a>	Strategies for JMOs to build resilience.
<b>Eating Disorders and Body Image</b>		
<b>Butterfly Foundation</b>	1800 334 673 (weekdays 8am – 9pm AEST) <a href="http://thebutterflyfoundation.org.au">http://thebutterflyfoundation.org.au</a>	Butterfly's ED HOPE is Australia's national eating disorders support service providing phone, email and web counselling as well as a range of online resources.
<b>Gambling</b>		
<b>Gambling Help Online</b>	1800 858 858 (available 24/7) <a href="http://gamblinghelponline.org.au">http://gamblinghelponline.org.au</a>	Counselling, information and support online (email and live chat) and by phone for people experiencing gambling issues.



Relationships and Assault		
<b>1800 Respect</b>	1800 737 732 (available 24/7) <a href="http://www.1800respect.org.au">www.1800respect.org.au</a>	National sexual assault, domestic family violence counselling service.
<b>Blue Knot Foundation</b>	1300 657 380 <a href="http://www.blueknot.org.au">www.blueknot.org.au</a>	A service to adult survivors of childhood abuse, their friends and family and the health care professionals who support them.
<b>Relationships Australia</b>	1300 364 277 <a href="http://www.relationships.com.au">www.relationships.com.au</a>	Support groups and counselling on relationships, and for abusive and abused partners.
<b>Safe Relationships Project</b>	1800 65 64 63 (available 24/7) <a href="http://www.anothercloset.com.au">www.anothercloset.com.au</a>	Provides men and women in same sex relationships with support, advocacy, referral and information.
<b>White Ribbon</b>	<a href="http://www.whiteribbon.org.au">www.whiteribbon.org.au</a> <ul style="list-style-type: none"> <li>• <b>Women's Domestic Violence Helpline:</b> 1800 007 339 or (08) 9223 1188</li> <li>• <b>Crisis Care:</b> 1800 199 008 or (08) 9233 1111</li> <li>• <b>Sexual Assault Res. Centre:</b> 1800 199 888 or (08) 9340 1828</li> <li>• <b>Men's Helpline:</b> 1800 000 599 or (08) 9223 1199</li> </ul>	Male led campaign to end violence against women.
Sexuality and Gender		
<b>Freedom Centre</b>	(08) 9228 0354 <a href="http://www.freedom.org.au">www.freedom.org.au</a>	Provides peer support services, information, referrals and a safe social place for young people (under 26) who are LGBTI.
<b>Gender Centre</b>	(02) 9519 7599 <a href="http://www.gendercentre.org.au">www.gendercentre.org.au</a>	Gender Centre provides services which enhance the ability of transgender people to make informed choices.
<b>Living Proud</b>	1800 184 527 <a href="http://www.livingproud.org.au">www.livingproud.org.au</a>	LGBTI Community services of WA.
<b>National LGBTI</b>	(02) 8568 1123 <a href="http://lgbtihealth.org.au">http://lgbtihealth.org.au</a>	Health-related programs, services and research focused on LGBTI and other sexuality and gender diverse people.
Substance Abuse		
<b>Alcoholics Anonymous</b>	1300 222 222 (available 24/7) <a href="http://www.aa.org.au">www.aa.org.au</a>	Program for recovery from alcohol abuse.
<b>Alcohol and Drug Info Service</b>	(08) 9442 5000 (available 24/7) <a href="http://www.dao.health.wa.gov.au">www.dao.health.wa.gov.au</a>	Confidential, non-judgemental 24/7 helpline for people seeking assistance with alcohol or other drug use.
<b>Counselling Online</b>	1800 198 024 – regional (08) 9442 5000 – metropolitan (available 24/7) <a href="http://www.counsellingonline.org.au">www.counsellingonline.org.au</a>	Confidential counselling and referral line for people using alcohol and other drugs.
<b>Narcotics Anonymous</b>	1300 652 820 (available 24/7) <a href="http://na.org.au">http://na.org.au</a>	Program for recovery from drug abuse.