

**Doctors' Health Advisory Services**

The College is concerned that Fellows in crisis are unable to access the kind of support that they need when they need it.

This support may be obtained from a range of sources;

- Collegiate support from colleagues, Councilors, Regional committee members;
- general practitioner, Fellows should not dismiss their own symptoms and should consult that doctor if they are unwell;
- Doctors advisory phone lines, some of which operate 24 hours per day. These services are usually strictly confidential.

Extract from the Doctors' Advisory Health Service (NSW) website;

**The phone services are available to provide personal advice to practitioners in difficulties. The advice is used mostly in relation to drug and alcohol problems, stress and mental illness, or personal and financial difficulties. No problem is too trivial or too serious.**

The following list details the point of contact in each region for the Doctors' Advisory services.

<b>Doctors' Health Advisory Services in Australia and New Zealand REGION</b>	<b>Telephone Number</b>	<b>Availability</b>	<b>Website/ e-mail</b>
<b>ACT</b> Help line	0407 265 414	24 hour service	No website
<b>NSW</b> Help line	02 9437 6552	24 hour service	<a href="http://www.doctorshealth.org.au">http://www.doctorshealth.org.au</a> There are some interesting links via this website,
<b>Northern Territory</b>	08 8927 7004	limited availability via AMA Office	No website
<b>Queensland</b> Doctors' Health Advisory Service	07 3833 4352	24 hour service	
<b>South Australia</b> Doctors' Health Advisory Service;	08 8273 4111	24 hour service	No website
<b>Tasmania</b> AMA Doctors' help line	6223 2047 6235 4165.	business hours OR after-hours	No website
<b>Victoria</b> Victorian Doctors' Health Program	03 9495 6011	24 hour service	<a href="http://www.vdhp.org.au">http://www.vdhp.org.au</a>
<b>Western Australia</b> Colleague of first contact,	08 9321 3098	24 hour service	No website
<b>New Zealand</b> NZMA Member Advisory Service	04) 472 4741 fax (04) 4710838	8.00 – 5.30 pm	email <a href="mailto:nzma@nzma.org.nz">nzma@nzma.org.nz</a>
Medical Protection Society	0800 225 5677	24 hour service	
Doctor's Health Advisory Service	0800 471 2654	24 hour service	

Further contacts are listed on the AMA Doctors' Health Database website at <http://www.ama.com.au/web.nsf/tag/doctors-health-database>

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