# Supporting doctors and medical students to care for themselves, their colleagues and their patients



#### WHO ARE WE:

Doctors Health Services Pty Ltd (Drs4Drs) is a national not for profit organisation dedicated to the well-being of doctors and medical students. Established by the medical profession for the medical profession.

#### **HOW WE DO THIS:**

Through a network of doctors' health advisory and referral services, independent, free, safe, supportive and confidential services are available across Australia.

#### WHO WE ARE HERE FOR:

Drs4Drs provides support for any doctor, medical students and their families across Australia.

#### **EDUCATION AND TRAINING:**

Deepen your understanding of doctors' health needs with our educational module, designed to help you care for yourself and others in the medical field.

#### **EDUCATION AND WORKSHOPS:**

Find out how we can assist with providing access to workshops and educational resources tailored to the needs of doctors and medical students.

We can assist you find the right support service to suit your needs including:

- · Physical health
- Mental health
- Substance use disorder
- Financial stress
- Acute/chronic stress
- Bullying
- Harassment
- Sexual Harassment Discrimination

If you, a colleague, or family member needs support please reach out.

SEE OVER FOR DETAILS ->

**DRS4DRS** 

Each State and Territory offers independent, free, and confidential health advisory services, with doctors trained in doctors' health.

If you or someone you know needs assistance, confidential advice and support is available:

## 1300 374 377 (1300 DR4DRS)

Victorian Doctors' Health Program 1300 330 543

**Doctors' Health NSW** (02) 9437 6552

Doctors' Health in QLD (07) 3833 4352

**Doctors' Health Advisory Service WA** (08) 9321 3098

**Drs4Drs TAS** 1300 374 377

**Drs4Drs ACT** 1300 374 377

**Doctors' Health SA** (08) 8366 0250

**Doctors' Health NT** (08) 8366 0250

### **GET IN TOUCH:**

**VISIT:** 

www.drs4drs.com.au

**EMAIL:** 

enquiries@drs4drs.com.au

CALL FOR ASSISTANCE: **1300 374 377**