

MEDIA RELEASE

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Action plan launched to protect mental health of doctors in the workplace

Australian healthcare leaders will gather in Sydney today for a summit on psychosocial safety in health workplaces, and the launch of an action plan designed to protect the mental health of doctors and medical students.

Led by the National Doctors Health and Wellbeing Leadership Alliance (NLA), the summit will explore how to improve psychosocial safety in the workplace.

NLA Chair Professor Steve Robson, who will launch an action plan at the summit developed under the [Every Doctor, Every Setting Framework](#), said protecting the mental health of Australia's healthcare professionals is critical, not just for doctors and medical students, but also for patients.

"Doctors and medical students face so many challenges in the workplace, including burnout, job strain, and mental health concerns, and this can impact patient care," Professor Robson said.

"The summit and the action plan I'm launching are urgently needed because our medical workforce is experiencing unprecedented levels of stress, anxiety and burnout. The impacts on individual doctors, and trainees, are harmful for them, and the patients they care for.

"We need system-wide change and the implementation of policies and frameworks that support the psychosocial health and safety of medical professionals. The Every Doctor Every Setting Framework and the action plan improve the health of doctors, their patients, and the community we serve."

Australian Medical Association President Dr Danielle McMullen called on organisations in the health sector to commit to the plan, saying it was a crucial step in ongoing efforts to enhance the mental health and wellbeing of doctors and medical students across Australia.

"We've seen some great progress in implementing the framework — including recognition of psychosocial safety as a work health and safety (WHS) responsibility in most jurisdictions, but more needs to be done," Dr McMullen said.

"We need to create environments that support wellbeing and enable quality patient care. This includes fostering regular conversations about mental health and promoting legislative change to support psychosocial safety."

The plan's target areas include: improving training and work environments, to reduce risks to mental health and wellbeing; increasing the capacity of the sector to respond to doctors and medical trainees needing support; and strengthening the support provided to doctors and medical students impacted by mental ill-health.

[Read the action plan](#)

[Learn more about the Every Doctor, Every Setting Framework](#)

[Learn more about Drs4Drs](#)

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