

Mental health support services and resources for Healthcare Professionals

For immediate mental health crisis support or if you or anyone you know is in immediate danger, please call 000

For urgent mental health support, please contact:

Lifeline provides a 24/7 free telephone line **13 11 14**, text and online crisis support for anyone experiencing distress or crisis

Suicide Call Back Service offers a free, 24/7, telephone line **1300 659 467** and online counselling services for people affected by suicide.

Beyond Blue offers a free, 24/7, telephone line **1300 224 636** and online counselling services for people affected by suicide.

Relevant Workforce	Organisation	Services Offered
Healthcare professionals	Black Dog Institute	Understanding and managing burnout among healthcare professionals resources.
Rural Healthcare professionals	CRANA Plus Phone: 1800 805 391	Free 24/7, 365-day telephone support to Australia's current and emerging rural and remote health workforce and their families.
Aboriginal and Torres Strait Islander health workforce	WellMob	Resources for Aboriginal and Torres Strait Islander people and healthcare workers supporting community.
Aboriginal and Torres Strait Islander health workforce	Gayaa Dhuwi (Proud Spirit) Australia	Wellbeing and mental health resource library.
GPs, registrars and training doctors	Doctors' Health in Queensland Phone: 07 3833 4352	As well as online resources, the service provides an independent, confidential, colleague-to-colleague support service to assist doctors and medical students. Available 24/7.
GPs, registrars and training doctors	DRS4DRS Phone: 1300 374 377	As well as online resources, the service provides an independent, confidential, colleague-to-colleague support service to assist doctors and medical students. Available 24/7.

Mental health support services and resources for Healthcare Professionals

For immediate mental health crisis support or if you or anyone you know is in immediate danger, please call 000

Relevant Workforce	Organisation	Services Offered
GPs, registrars and training doctors – AVANT members only	Avant health and wellbeing Phone: 1300 360 364	Mental health support services and online resources.
GPs, registrars and training doctors – RACGP members only	RACGP Wellbeing Hub GP support Phone: 1800 234 560 Registrar support Phone: 1800 818728	A range of wellbeing resources and phone call mental health support throughout your journey as well as self-assessment tools.
Rural GP registrars and training doctors – ACRRM members only	ACRRM Support for Registrars Phone: 1800 818 728	Wellbeing support and resources.
Nurses, midwives and nursing students	Nurse & Midwife Support Phone: 1800 667 877	National 24/7 telephone and online service offering general wellbeing and mental health support to nurses and midwives across Australia.
Nurses, midwives and nursing students	Nurse Midwife Health Program Australia Phone: 1800 001 060	Free, confidential peer support counselling available 9am – 5pm local time.