JMSA Contact List

**Medical Workforce**

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| --- | --- | --- | --- |
| Northern Doctors Workforce |  | northerndoctorsworkforce@nh.org.au  |  |
| Angela Germech | Director of Medical Workforce | Angela.Germech@nh.org.au  | 52086 |
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| Deb Hutchinson | Senior Coordinator | Debra.Hutchinson@nh.org.au  | 58209 |
| Andie Kliene | Administration | Andie.Kliene@nh.org.au  | 58276 |
| People and Culture |  | People&CultureNotifications@wh.org.au  | 8405 8209 |

**Medical Education Unit (MEU)**

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| --- | --- | --- | --- |
| Dr Carol Chong (Geriatrician) | Supervisor of Intern Training | Carol.Chong@nh.org.au  | X80758 or mobile via Switch |
| Dr Keith Amarakone (Geriatrician) | Supervisor of HMO 2 and HMO 3 Training | Keith.Amarakone@mh.org.au  | X80758 or mobile via Switch |
| Rachael Coutts (Emergency Physician) | Associate Director Education, Medicine | Rachael.Coutts@nh.org.au  | X80753 or mobile via Switch |
| Alison Giles | Medical Clinical Educator (International Medical Graduates & Observers\_ | Alison.Giles@nh.org.au  | X80758 or mobile via Switch |
| Susie Sangas | Medical Education Officer | Susie.sangas@nh.org.au  | 8468 0758 or mobile via Switch |
| Rebecca HartmannIjaza Lafeer | Medical Education Advisors | Rebecca.hartmann@nh.org.au FathimaIjaza.Lafeer@nh.org.au  | 8468 0758 |

**Wellbeing**

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| OHS | [Northern Health intranet website](https://intranet.nh.org.au/departments-and-services/people-and-culture/safe-well/ohs/) | 8405 8033 |
| Nicole Wattis | OHS Officer | Nicole.Wattis@nh.org.au | 8405 8466 |
| Winnie Tjong | Team Injury Advisor | winnie.tjong@nh.org.au | 8405 82720427 806 072 |
| Northern Doctor Support Pathway |  | [Support Pathway](file:///S%3A%5CMedical%20Clinical%20Support%5CMedical%20Education%20%28Susie%29%5COrientation%5Cintern%20orientation%5C2019%5CWhat%27s%20in%20the%20pack%5CSUPPORT%20and%20WELLBEING.docx) |  |
| AMA Peer Support |  | [https://amavic.com.au/page/Member\_Services/Peer\_Support/](https://ssgwebmail2.ssg.org.au/owa/redir.aspx?SURL=dZJs7W_h1Vm69UW_lYs4AavxnaG0kSU-f_lQxMnyqLg-0ZqF6vTUCGgAdAB0AHAAcwA6AC8ALwBhAG0AYQB2AGkAYwAuAGMAbwBtAC4AYQB1AC8AcABhAGcAZQAvAE0AZQBtAGIAZQByAF8AUwBlAHIAdgBpAGMAZQBzAC8AUABlAGUAcgBfAFMAdQBwAHAAbwByAHQALwA.&URL=https%3a%2f%2famavic.com.au%2fpage%2fMember_Services%2fPeer_Support%2f) | 1300 853 338 |
| Victorian Doctors Health Program |  | [http://www.vdhp.org.au/website/home.html](https://ssgwebmail2.ssg.org.au/owa/redir.aspx?SURL=LVuwKJt2qiIwGV0q2DOWc4HpLDAFGheF-8e7aR_4rN8-0ZqF6vTUCGgAdAB0AHAAOgAvAC8AdwB3AHcALgB2AGQAaABwAC4AbwByAGcALgBhAHUALwB3AGUAYgBzAGkAdABlAC8AaABvAG0AZQAuAGgAdABtAGwA&URL=http%3a%2f%2fwww.vdhp.org.au%2fwebsite%2fhome.html) | 9495 6011 |
| EAP Support |  |  | 1300 687 327 |

**Vocational Pathways**

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| --- | --- | --- | --- |
| Physician Training | Yana Sunderland | Divisional Director, Medicine, Consortium Director | Yana.Sunderland@nh.org.au]Yana.Sunderland@nh.org.au  |
|  | Edwina Holbeach | Consortium Director NW | Edwina.Holbeach@nh.org.au  |
|  | Laura Ivins0468 993 683 | Consortium Coordinator | Laura.Ivins@austin.org.au |
| Surgical Training | Dennis Gyomber | Divisional Director, Surgical | Dennis.Gyomber@nh.org.au |
|  | David Bird | Supervisor SET Training | David.Bird@nh.org.au  |
|  | Krinal Mori | Coordinator of Surgical Education & Training for Interns, HMOs and Unaccredited Registrars | Krinal.Mori@nh.org.au  |
|  | Russell Hodgson | Surgical Lead – HMO & Registrar Orientation | Russell.Hodgson@nh.org.au  |
| Emergency Training | Megan Robb | Director Emergency Director | Megan.Robb@nh.org.au  |
|  | Dean Pritchard | Deputy Director Emergency Department | Dean.Pritchard@nh.org.au  |
|  | Phyllis Fu, Peter Cheng & Raj Kathirgamanathan | Co-directors of Emergency Medicine Training | Phyllis.Fu@nh.org.auPeter.Cheng@nh.org.auRaj.Kathirgamanathan@nh.org.au  |
|  | Laura Ehlert | Director of Paediatric Emergency Medicine training (Paeds DEMT) | Laura.Ehlert@nh.org.au |
|  | Jenny Huang | Resident to Registrar training | Jenny.Huang@nh.org.au |
|  | Louisa Lee | Intern & HMO Education Program | Louisa.lee@nh.org.au  |
| ICU/Critical Care | Angaj Ghosh | Supervisor of Training (ICU) | Angaj.Ghosh@nh.org.au |
|  | Jake Geertsema | Director of Anaesthesia and Perioperative Medicine | Jake.Geertsema@nh.org.au |
| Paediatrics | David Tran | Clinical Director of Paediatrics | David.Tran@nh.org.au |
|  | WeiQi Fan | Head of Neonatology | WeiQi.Fan@nh.org.au |
| Obstetrics and Gynaecology | Paul Howat | Divisional Director Women’s and Children’s Services | Paul.Howat@nh.org.au |
| Psychiatry |  | Director of Psychiatry |  |
| IMGs/Observers | Alison Giles | Supervisor of IMGs and IMG Clinical Observers | Alison.Giles@nh.org.au  |

**Click here for** [**Term Supervisors**](file:///S%3A%5CMedical%20Clinical%20Support%5CMedical%20Education%20%28Susie%29%5CTerm%20Supervisors%5CTerm%20supervisors%202019.xlsx)

**Other Services**

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| Service Finders | Australian Psychology Society – Find a psychologist  | <https://www.psychology.org.au/FindaPsychologist/>  |
| General/ Crisis Support  | Lifeline  | 13 11 14[www.lifeline.org.au](http://www.lifeline.org.au)  |
| Suicide Call Back Service24/7 phone, video and online counselling for those affected by suicide  | <https://www.suicidecallbackservice.org.au/>  |
| SANE Australia Helpline  | 1800 187 263[www.sane.org](http://www.sane.org)  |
| Mental Health Triage | 1800 888 320 |
| Depression | Beyond Blue  | 1300 224 636<https://www.beyondblue.org.au/get-support/get-immediate-support> |
| Black Dog Institute  | <https://www.blackdoginstitute.org.au/>  |
| dNet  | <http://dnet.org.au/>  |
| Anxiety | Anxiety Disorder Associate of Victoria | <https://www.adavic.org.au/>  |
| Reconnexion – Treating anxiety, panic, depression and tranquiliser dependency  | <http://www.reconnexion.org.au/www/464/1001127/default.asp>  |
| Abuse/ sexual assault support | 1800 RESPECTConfidential support and counselling for those impacted by domestic violence and sexual assault  | <https://www.1800respect.org.au/> |
| Women’s Information and Referral Exchange  | <https://www.wire.org.au/> |
| CASA – Centre Against Sexual Assault  | <https://www.casa.org.au/>  |
| The Action Centre  | Tel: 9660 4700 Free call 1800 013 952 Clinic hours: Mon-Fri (Drop-in) 11am-6pm<http://www.fpv.org.au/for-you/our-reproductive-and-sexual-health-clinics>  |
| STI/ Unplanned pregnancy Support  | Melbourne Sexual Health Centre | 9341 6200<http://www.mshc.org.au/>  |
| The Northside Clinic | 9485 7700 <http://northsideclinic.net.au/>  |
| PRONTOPost exposure prophylaxis and testing for MSM  | 9416 2889<http://pronto.org.au/>  |
| LGBTQI+  | EQUINOX - Trans and Gender Diverse Health Service  | 9416 2889 <https://equinox.org.au/>  |
| Doclist – GPs recommended by lesbian/bisexual women | <http://www.doclist.com.au/lists/vic>  |
| The Northside Clinic  | 9485 7700 <http://northsideclinic.net.au/> |
| MSHC list of LGBTQI+ health services/GPs  | <https://www.mshc.org.au/ClinicInformation/OtherHealthServices/tabid/106/Default.aspx?cid=2>  |
| Substance Use | Alcoholics anonymous  | 1800 22 22 22<http://aa.org.au/>  |
| Narcotics anonymous | 1300 652 820 <https://www.na.org.au/multi/>  |
| Drug and Alcohol counselling  | <https://www.counsellingonline.org.au/>  |
| Regen  | 1800 700 514<http://www.regen.org.au/treatment>  |
| AI- AnonSupport for relatives/ friends of people with alcohol misuse  | 1300 252 666 |
| Eating Disorders  | The Butterfly Foundation | 1800 33 4673 <https://thebutterflyfoundation.org.au/>  |
| Eating Disorders Victoria  | 1300 550 236 <https://www.eatingdisorders.org.au/>  |
| Relationships and family counselling  | Mensline | 1300 789 978 <http://www.mensline.org.au/>  |
| Relationships Australia | 1300 364 277 <http://www.relationshipsvictoria.com.au/>  |
| Relate Well | <http://relatewell.org.au/>  |
| Lifeworks  | <http://www.lifeworks.com.au/>  |
| Online Resources  | Mindfulness - Free online course  | <https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>  |
| Managing fatigue for doctors  | <https://ama.com.au/article/managing-risks-fatigue-general-practice-gps-and-gp-registrars>  |
| Building resilience  | <http://www.rcubed.org.au/>  |
| Self-assessment tools and resources for doctors mental health  | <http://www.jmohealth.org.au/>  |
| Mobile Apps |  | Smiling mind<https://www.smilingmind.com.au/> ReachOut Breathe<https://au.reachout.com/tools-and-apps/reachout-breathe> ReachOut Worry Time <https://au.reachout.com/tools-and-apps/reachout-worrytime> Super Better<https://www.superbetter.com/> Mind Max<https://mindmax.com.au/>  |
| Video Games  |  | Journey (PS3/PS4)Animal Crossing (DS/3DS/Wii/mobile)Undertale (PC/PS4) Firewatch (PC)Life is strange (PC/PS3/PS4/Xbox)Stardew Valley (PC/PS4/Xbox/Switch)ABZU (PS4/PC)Pokemon Go (Mobile)Dear Esther (PC/PS4/Xbox)A normal lost phone (PC)  |