JMSA Contact List

**Medical Workforce**

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| --- | --- | --- | --- |
| Northern Doctors Workforce |  | [northerndoctorsworkforce@nh.org.au](mailto:northerndoctorsworkforce@nh.org.au) |  |
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| People and Culture |  | [People&CultureNotifications@wh.org.au](mailto:People&CultureNotifications@wh.org.au) | 8405 8209 |

**Medical Education Unit (MEU)**

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| Susie Sangas | Medical Education Officer | [Susie.sangas@nh.org.au](mailto:Susie.sangas@nh.org.au) | 8468 0758 or mobile via Switch |
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**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 8272  0427 806 072 |
| Northern Doctor Support Pathway |  | [Support Pathway](file:///S:\Medical%20Clinical%20Support\Medical%20Education%20(Susie)\Orientation\intern%20orientation\2019\What's%20in%20the%20pack\SUPPORT%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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| --- | --- | --- | --- |
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|  | Laura Ivins  0468 993 683 | Consortium Coordinator | [Laura.Ivins@austin.org.au](mailto:Laura.Ivins@austin.org.au) |
| Surgical Training | Dennis Gyomber | Divisional Director, Surgical | [Dennis.Gyomber@nh.org.au](mailto:Dennis.Gyomber@nh.org.au) |
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| Obstetrics and Gynaecology | Paul Howat | Divisional Director Women’s and Children’s Services | [Paul.Howat@nh.org.au](mailto: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](mailto:Alison.Giles@nh.org.au) |

**Click here for** [**Term Supervisors**](file:///S:\Medical%20Clinical%20Support\Medical%20Education%20(Susie)\Term%20Supervisors\Term%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 Service  24/7 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 RESPECT  Confidential 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/> |
| PRONTO  Post 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- Anon  Support 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) |