

OUR AIM

Doctors and medical students deserve health care, just as the community deserves healthy doctors.

The VDHP is a world class doctors' health care program. Our service is non-judgemental and supportive of a wide range of health care needs. We facilitate the health and wellbeing of all medical practitioners through proactive and reactive approaches.

We promote public awareness of the importance of doctors' health and maintaining a healthy medical workforce.

OUR SERVICE

- Is highly confidential
- Is compassionate and supportive
- Provides advice to doctors and medical students, or to anyone concerned about a medical family member or colleague
- Assesses doctors' and medical students' health needs
- Advocates for the health of doctors and medical students
- Provides on-going support

OUR PROGRAMS

- Initial assessment of health needs
- External referrals to specialists
- Follow-up services according to need
- Tailored education presentations
- After hours telephone support
- A support group for doctors with substance use issues.
- Find a local GP familiar with caring for doctors

OUR STORIES

Simon

Simon is a 45 year old specialist who was referred to VDHP after several reports of him smelling of alcohol at work.

At his initial VDHP assessment it was clear that Simon had a serious problem with alcohol dependency which had been progressing for 10 years.

Simon had been able to conceal his problem from the workplace until recently. He was referred for inpatient treatment at a specialist drug and alcohol facility.

Following discharge he was case managed by the VDHP which included referral to a support group for doctors.

Simon completed his treatment and now back at work, remaining enthusiastic about his recovery and future.

Jessica

Jessica is a 30 year old 'doctor in training' who self-referred to VDHP. She reported feeling "very stressed out", irritable, falling apart, difficulty concentrating, fatigue, and "overwhelmed by everything". Following her initial assessment, VDHP arranged for Jessica to see both a psychiatrist and psychologist who were experienced in caring for doctors. With on-going treatment and support, Jessica continues to progress well and reports improvements in her mood and wellbeing.



ABOUT US

The VDHP exists to help Victorian doctors and medical students deal with the pressures of medicine, as well as issues that can occur as a result of this pressure.

- Stress and Anxiety
- Substance use
- Mental health problems
- Physical health concerns
- Workplace issues
- Bullying / Harassment

CRISIS CONTACTS

VDHP 24 Hour service on 9280 8712

AMA Victoria Peer Support Service
For anonymous and confidential support
8:00am to 10:00pm **1300 853 338**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**

Suicide Line Victoria **1300 651 251**

(03) 9280 8712

www.vdhp.org.au

If you or someone you care about could benefit from specialist care, please call us on the number below. Anonymous inquiries are welcome



(03) 9280 8712

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A free, supportive and
compassionate service
for Victorian doctors and
medical students

(03) 9280 8712

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