A resource for general practitioners and their families
An information resource for general practitioners and their families who may require personal or professional support services.
Rural Health West has developed this resource to assist doctors and their families living in rural and remote areas of Western Australia. There are a range of organisations that provide resources and services to support rural and remote general practitioners and their families including:

**Professional assistance**

**Doctors’ Health Advisory Service**

Confidential service available to all doctors and medical students. This independent service consists of a group of male and female general practitioners and does not report back to any other organisation.


**W** 08 9321 3098 (24 hours per day/7 days per week)

**The Royal Australian College of General Practitioners (RACGP)**

The GP Support Program is a free counselling service available to all Australian RACGP members who are registered medical practitioners. To access this service, you will need to quote your RACGP/QI and CPD member number. Information is not provided to the RACGP.


**W** 1300 366 789 (appointments 8:30am-5:30pm Monday-Friday)

**T** 1800 451 138 (crisis counselling 24 hours per day/7 days per week)
Bush Support Services (run by CRANAplus)

Confidential telephone support service for health workers and their families in remote and isolated locations. This service is staffed by psychologists with remote and cross-cultural experience.

W www.crana.org.au/support
T 1800 805 391 (24 hours per day/7 days per week)

Individual and family assistance

Crisis Care Helpline

Telephone information and counselling service for people in crisis requiring urgent help.

W www.dcp.wa.gov.au/CrisisAndEmergency/Pages/CrisisCare.aspx
T 1800 199 008 (24 hours per day/7 days per week)

RuralLink

Health professionals, community and welfare service providers can access after-hours telephone support, information and advice on mental health matters.

T 1800 552 002 (4:30pm-8:30am Monday-Friday and 24 hours Saturday, Sunday and public holidays)

Country Women’s Association of WA (Inc)

A proud and active women’s organisation working to improve the welfare and wellbeing of people everywhere, especially in country areas. The Country Women’s Association of WA (Inc) provides community service, support networks, welfare in times of need, education opportunities, friendship, fun and a great deal more.

W www.cwaofwa.asn.au
T 08 9321 6041
Frontier Services

Major provider of aged care, health and community services and pastoral support to outback Australia.

W www.frontierservices.org
T 08 9355 9175

WA Transcultural Mental Health Service

Specialist service to address the mental health needs of culturally and linguistically diverse communities throughout Western Australia.

W http://www.mhima.org.au/resources-and-information/Translated-information/translated-mental-health-information-resources
T 08 9224 1760

Beyondblue

National, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related disorders.

W www.beyondblue.org.au
T 1300 224 636 (24 hours per day/7 days per week)
**Lifeline**

Provides services in suicide prevention, crisis support and mental health support.

W [www.lifeline.org.au](http://www.lifeline.org.au)

T 13 11 14 (24 hours per day/7 days per week)

**Relationships Australia**

Provides a diverse range of innovative counselling, mediation, community education and professional development services for individuals, families and communities.


T 1300 364 277

**Family Relationships Online**

Provides families (whether together or separated) with access to information about services available to assist them to manage family relationship issues, ranging from building better relationships to dispute resolution.


T 1800 050 321

**MensLine Australia**

Professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

W [www.mensline.org.au](http://www.mensline.org.au)

T 1300 789 978 (24 hours per day/7 days per week)
Kids Helpline

Australia’s only free, private and confidential telephone and online counselling service specifically for young people aged between 5 and 25.

W  www.kidshelp.com.au
T  1800 551 800 (24 hours per day/7 days per week)

Parenting WA Line

Telephone information and support service that can provide information and guidance on any aspect of parenting.

W  https://www.dlgc.wa.gov.au/AdviceSupport/Pages/Parenting-WA.aspx
T  1800 654 432 (24 hours per day/7 days per week)

Post and Antenatal Depression Association Inc.

PANDA’s telephone information, support and referral service is staffed by trained volunteers, professional counsellors and supervising staff. In keeping with PANDA’s Mutual Support Self Help principles most of these volunteers on the helpline have experienced perinatal depression and anxiety.

W  www.panda.org.au
T  1300 726 306 (10.00am-5.00pm AEST Monday-Friday)
For further information on available services and how we may assist you please contact:

Rural Health West

T  08 6389 4500
F  08 6389 4501
E  familysupport@ruralhealthwest.com.au
W  www.ruralhealthwest.com.au

Please note: Information in this booklet is subject to change.

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