

# PHN Programs & Support Services

HNECC PHN ACKNOWLEDGES THE TRADITIONAL OWNERS & CUSTODIANS OF THE LAND THAT WE LIVE & WORK ON AS THE FIRST PEOPLE OF THIS COUNTRY.



# Member Assistance Program

FREE ACCESS

For GPs and Allied Health Professionals

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GIVING YOU THE  
SUPPORT TO  
HANDLE LIFE'S  
CHALLENGES.

Speak confidentially with one of our counsellors who can help you improve your wellbeing and discover your potential. We can assist with:

- Decision making
- Goal setting
- Stress and anxiety
- Communication skills
- Work / life effectiveness
- Depression
- Parenting
- Relationships
- Grief and loss
- Drugs and alcohol
- Conflicts
- Workplace concerns
- Financial and legal concerns

Your confidentiality is assured



CALL your Member Assistance Program \*

1800 931 711

\* advise that you are included with the HNECC Primary Health Network program & your practice.

[www.accesseap.com.au](http://www.accesseap.com.au)

# MEMBER ASSISTANCE PROGRAM

PRIMARY  
HEALTH  
NETWORK



Confidential counselling for work-related or personal concerns. Visit [accesseap.com.au](https://accesseap.com.au)

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Your confidentiality is assured



CALL  
**1800 931 711\***

*\*advise that you are included with the  
HNECC Primary Health Network program  
& your practice*

# MBANSW

Medical Benevolent Association of NSW

By Doctors For Doctors



Medical Benevolent Association of NSW

## CARING FOR DOCTORS

We've been looking after doctors and their families in NSW and ACT for over 125 years offering confidential financial assistance and counselling support.

[www.mbansw.org.au](http://www.mbansw.org.au)

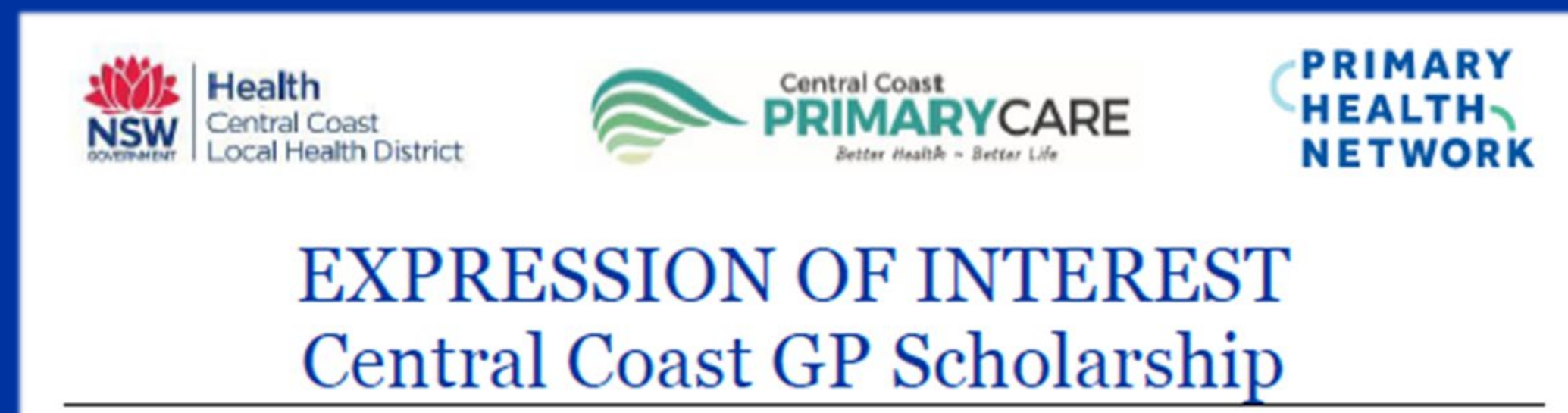
**Call our Social Work team for an independent and confidential chat.**

# GP Scholarships

OFFERED TWICE A YEAR, GP SCHOLARSHIPS ARE SHORT TERM PAID PLACEMENTS WITHIN THE CCLHD.

- ADDICTION MEDICINE
- GERIATRIC MEDICINE
- MENTAL HEALTH
- PAEDIATRICS
- PALLIATIVE CARE

IT'S AN OPPORTUNITY TO UPDATE KNOWLEDGE, SKILLS AND NETWORK



# GP Wellbeing & Support

CREATIVE WELLBEING WORKSHOPS

GP NEW MUMS GROUP

SOLO GP GROUP



# GP Networking & Development

NETWORKING DINNERS FOR GPs AND SPECIALISTS  
CENTRAL COAST GP & REGISTRAR DINNERS



# Peer support



**CONSIDER JOINING THE  
CENTRAL COAST GENERAL PRACTICE ASSOCIATION  
SEARCH ON THE NAME IN FACEBOOK AND SEND A  
REQUEST TO JOIN (GP ONLY GROUP)**

# Doctors Health Advisory Service

## Who's looking after you?

DHAS offers an **independent & confidential** advice service for doctors and medical students

Work related stress • Clinical competence • Concern for a colleague • Relationship issues  
Psychological disorders • Alcohol or substance misuse • Financial difficulties  
Legal or ethical issues • Physical impairment

**NSW Helpline 02 9437 6552 (7 days)**  
**[www.dhas.org.au](http://www.dhas.org.au)**

The DHAS acknowledges the Medical Board of Australia's funding contribution



# More information

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To find out more talk to Marguerite Grey on 0427 039 776  
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