* Support services
* Within Monash Health

1. People Assist
   * This is the Employee Assistance Program at Monash Health, and is provided by a company called Converge International. There are five streams of assistance offered: Manager, Employee, Career, Lifestyle and Conflict Assist. The relevant streams for mentees are:
   * Employee Assist: a personal coaching and counselling service that offers confidential, short-term support for a variety of work-related and personal problems. Employee Assist is voluntary and free of charge to all Southern Health employees, their immediate family members and volunteers.
   * Career Assist: a vocational counselling and career planning service that can assist in making better career decisions. Career Assist can help staff understand their skills, experiences, values and preferences.
   * Conflict Assist: a phone support service for managers and employees who are dealing with conflict in the workplace. A conflict coach helps in understanding your conflict response and developing new ways of managing conflict in the workplace.
   * Lifestyle Assist: Lifestyle Assist counselling and support program allows you to work through physical, financial and emotional wellbeing concerns with a skilled professional and develop a strategy to get you back on track.
   * All of these services can be accessed free of charge for up to 3 hours per issue, by calling Converge International on **1300 687 327** . More information can be found via the Monash Health intranet Home page (look for the “All Staff” link on the left hand side)
   1. Employee Clinic

* There is an Employee GP Clinic at Monash Medical Centre and at Moorabbin. The Clayton clinic is located in Clinic I in the private consulting suites through Jessie McPherson reception, and is open on Tuesday and Thursday. Appointments can be made by calling 03 9594 2468. It is a bulk billing clinic.
* **Outside Monash Health**

1. Victorian Doctors Health Program (03) 9495 6011

* A confidential and free service for Victorian Doctors and Medical Students suffering from health problems including mental health, substance use and physical problems.
* Fax: (03) 9495 6033
* Level 8, Aikenhead Building , 27 Victoria Parade, Fitzroy, Vic 3065
* Email: [vdhp@vdhp.org.au](mailto:vdhp@vdhp.org.au)
* Web: [www.vdhp.org.au](http://www.vdhp.org.au)
* b) AMA Victoria Peer Support Service 1300 853 338 (for the cost of a local call)
* Peer support for doctors by doctors. All volunteer telephone counsellors are experienced doctors trained in the skills of peer support telephone counselling, and have broad experience in medical practice and represent a wide range of specialties. All counsellors are Lifeline accredited. They provide support on issues such as:
* A stressful incident
* Violence and trauma in the workplace
* Workplace issues such as bullying or harassment
* Workload concerns
* Feelings of stress or inability to cope
* Burnout
* Professional life
* Career plans
* Personal issues
* Well-being
* There is no charge for using the AMA Victoria Peer Support Service.

1. Lifeline 13 11 14

* Lifeline provides access to crisis support, suicide prevention and mental health support services. They take calls about issues including
* Anxiety/ depression/ Loneliness
* Abuse and trauma
* Physical or mental wellbeing
* Suicidal thoughts or attempts
* Stresses from work, family or society