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7, 2016 | 0



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A : Geoff Toogood

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It is made more complex by the stigma of seeking support for mental health issues among medical professionals who must work at their peak under pressure for long hours alongside peers, and in many circumstances, competitors.

Seeking support can be seen as a sign of weakness or an inability to cope.

The mental health of our medical professionals has been a concern to *beyondblue* since its landmark research found one in five medical students and one in 10 doctors had suicidal thoughts in a 12-month period.

beyondblue approached leaders of major health organisations across Australia with our mental health workplace initiative, *Heads Up*, and appealed to them to change their workplace cultures.

beyondblue has now joined several hospital Grand Rounds to spread the word among medical communities that mental health is just as important as physical health.

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"Over many years, there were times when I suspected I was struggling with depression, but I didn't seek support because I was afraid of the repercussions on my m ogito

Completing a ~~Keyhole~~ online checklist, which measures distress, made Dr Toogood realise he needed support urgently.

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"I took time off work although I didn't feel supported in this by all of my employers. It staggers me how little some people in the medical profession understand mental illness. Having said this, the support I did receive made me feel far less alone in what I was going through.

As medical practitioners we need to recognise our own mental health issues when they occur and have the courage to seek help, but when we do our colleagues should support our courage, it is what we would expect of our patients.

I recovered significantly after six months treatment. Returning to work was important to me because it's a great part of my ~~bel tu~~ ~~ge,~~ ~~to held~~ ~~enoebge~~ ~~tpem~~ ~~at~~ ~~mit~~ ~~th~~ ~~ur~~ ~~isl~~

- Self care

Tags: #ACHS,#anxiety,#Australian Council of Healthcare Standards,#beyond blue,#depression,#Headsup,#junior doctor health and wellbeing,#medical students,#mental health professionals,#mental health week,#MentalAs,#mentalhealth,#MHW