



With thanks to donors just like you, MBA NSW-ACT has been caring for doctors and their families since 1896.

Your kind donation today will help us encourage doctors to make contact before things get worse. They will be given a safe space to work through the issue with our team of experienced social workers and referral partners, to identify strengths and come to their own solution. Where needed, financial assistance will be provided to enable the doctor to take a break, knowing household bills are taken care of, while they recover.

We know there is so much more we can do with your continued generosity.

Please DONATE TODAY so that any doctor experiencing burnout or any significant life challenge, can access our services and feel safe and supported whilst they recover. Doctors simply cannot be replaced easily, so we need to truly value them, especially when things get tough.

Scan this QR code to donate by credit card and be issued with a Tax Receipt immediately.



MBA NSW-ACT is funded by doctors like yourself who understand the importance of offering a helping hand at the right time, thereby maximising the chance of a colleague's recovery and return to work.

By donating to our appeal, you can help us continue to support doctors and their families who are doing it tough this Christmas.

Your donation of:

\$50

Will contribute to the cost of a doctor's prescribed medicines during treatment.

\$100

Will help keep a doctor's health insurance current while they take a short break to recover from burnout.

\$200

Will provide fortnightly counselling to a doctor and their family experiencing severe grief.

\$300

Will help cover the monthly utility bills for a doctor unable to work due to an accident.

\$500

Will help pay for emergency accommodation for a doctor and their children escaping domestic violence.

If you or a colleague needs support or assistance, please call our experienced Social Work team for an independent and confidential chat.

Ph: **02 9987 0504**

E: **support@mbansw.org.au**



MEDICAL BENEVOLENT ASSOCIATION OF NSW-ACT

We are currently helping doctors with young children fleeing violent relationships, others have received a terminal diagnosis and some, like Ruth, are unable to return to full-time work because of the cumulative effect of trauma and workplace stress.

In the spirit of Christmas, please give a little more than usual, so that we can cover the increased costs of their rental accommodation and general living.

You can do that knowing that for every dollar donated, less than 4 cents will be consumed in costs.

BY DOCTORS FOR DOCTORS AND THEIR FAMILIES

www.mbansw.org.au

DOCTORS CAN BE AT RISK OF HOMELESSNESS TOO!

RUTH, FEMALE GP, ACT

Ruth is a 52-year-old GP who has devoted her life to her medical career and patients. An empathic doctor, she often works 12-hour shifts and hasn't had a holiday in years. She has few interests outside of work and has neglected her own health and self-care. Ruth has been dealing with a complex family situation, multiple psycho-social stressors, and significant intergenerational trauma.

One of her long-term patients made a complaint to the regulator about her professional conduct. This caused further stress and resulted in what Ruth termed an "existential crisis". Still, she did not reach out or speak about the impact this was having on her. The extra stress exacerbated some existing relationship issues with her long-term partner and they broke up.

Ruth became more isolated and things started to spiral. She began to self-prescribe to manage her deteriorating sleep and declining mood. Eventually a colleague expressed concern about her capacity to continue working and suggested she take a break. She knew this was the right thing to do, and Ruth stopped working. However, after four months of no income, the bills were starting to mount.

Ruth had been a long-term donor to MBA NSW-ACT and knew about their services, but never imagined she'd be in a position to need them. However, being two months behind in rent she realised she was on the brink of homelessness and so made the call.

MBA NSW-ACT's social worker gave her emotional support and encouraged her to contact DRS4DRS (ACT) who introduced her to an experienced GP, to help manage her own care. Our social worker then organised an emergency payment to pay her overdue rent and secure her housing. She was also supported to complete a Centrelink application, as a return to work was still a way off. At the monthly Council meeting, a gift was approved to cover her groceries and household bills until the government payment kicked in.

Working with our experienced social workers provided Ruth with a safe, confidential space to express her concerns openly and be heard. Together they explored priorities and options and developed a care plan. Over the next few months, during regular sessions, Ruth was able to reflect on how much she had neglected her own needs, including her relationships and life outside of medicine. Feeling better, Ruth took some positive steps to make change. She joined a Sunday walking group, took up guitar lessons, and initiated contact with some old friends. Soon after, she received news that the regulator had completed their review and no conditions were placed on her returning to practice.

At a recent check-in with Ruth, she told our social worker that she has returned to her old practice but on a part-time basis. She is starting to feel like her old self and commented,

"While I wouldn't wish the last six months on anybody, I have learnt a lot. Nowadays I always put my own oxygen mask on first."

If you are experiencing signs of burnout or worried about a colleague who is, please reach out
Ph: 02 9987 0504
E: support@mbansw.org.au



Yes, I want to be part of the solution and make a tax deductible donation. My choices are:

- 1 Donate to MBA's Bank Account (preferred)
Acct Name: **Medical Benevolent Assoc of NSW**
BSB: **062-272** Acct No: **00901952**
Ref: Use your email address (so we can send the Tax Receipt)

- 2  Scan this **QR Code** and it will take you to our donation page where a Tax Receipt will be issued immediately

- 3 Complete this online form, save it and then either email it to donations@mbansw.org.au or print it out and then mail to PO BOX 365 GLADESVILLE NSW 1675

I wish to make a tax-deductible donation to MBA-NSW
Please select the type and amount of your donation:

<input type="checkbox"/> Monthly	<input type="checkbox"/> Quarterly	<input type="checkbox"/> One-Off
<input type="checkbox"/> \$30	<input type="checkbox"/> \$300	<input type="checkbox"/> Credit Card
<input type="checkbox"/> \$50	<input type="checkbox"/> \$500	<input type="checkbox"/> Cheque
<input type="checkbox"/> \$100	<input type="checkbox"/> \$1,000	
<input type="checkbox"/> \$200	<input type="checkbox"/> Other amount:	<input type="text"/>

Name on card

Address

State Postcode

Mobile/Phone

Email

Your Tax Receipt will be emailed (it saves money and the environment) unless you tick here indicating you want it posted.

Card No:

Expiry date /

Signature

Thank you for being part of the solution and supporting your colleagues in need.