



***With thanks to donors just like you, MBANSW has been caring for doctors and their families for since 1896.***

*Your kind donation today will help MBANSW 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 and hopefully return to their vocation. Doctors simply cannot be replaced in a year, 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.**



MBANSW 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 Tax Appeal you can help us continue our counselling services for doctors experiencing burnout as well as do preventative and advocacy work to encourage the systematic changes needed.

**For example, over a year, your monthly 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.

**\$150**

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

**\$250**

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

**\$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, you are welcome to 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**



*Australian studies indicate that doctors' mental health is at an all-time low. Contributing factors include excessive shift work; chronic exposure to trauma; uncertain career paths; significant educational financial burden; stressful workplace cultures; the increasing aggression of patients; and the higher risk of infection accentuated by the pandemic. Most research indicates that well over 50% of doctors are experiencing symptoms of severe distress, which left untreated, may cause burnout.*

**BY DOCTORS FOR DOCTORS AND THEIR FAMILIES**

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

## Doctors suffering in silence

**61% of frontline senior doctors and 75%\* of junior doctors working in Australian hospitals showed symptoms of burnout in a recent study by Monash University.**

Becoming fully qualified to diagnose, treat and provide exceptional patient care as a doctor isn't a fast process. For many, it will take ten years or more working and studying more than 60 hours a week. Each day, doctors face long hours, shift work, compounding trauma, all within an incredibly competitive, stressful, and under-resourced system. They and their families each make huge personal sacrifices.

With such a personal investment, when the stress builds up due to systematic failures and demands on personal performance, it can be hard for doctors to know which way to turn. Many choose initially to keep it inside. This may work for a while, but eventually it may result in burnout.

Studies show unaddressed burnout correlates with an increase in medical mistakes, reduced patient empathy and if left untreated, can lead to depression. With burnout on the rise, it is not surprising that the rate of suicide is also rising. Recent studies quote female doctors' suicide at 2.27 times the rate of the general population, and male doctors only a little less often, at 1.41 times the general population. \*\*

**Disturbingly, one in five medical students reported suicidal ideation in the past 12 months.**

Fear of making mistakes, HCCC complaints and the risk of Medical Council investigation, compounded by the feeling of letting colleagues down are all barriers to the doctor in need seeking help.

**Help us encourage doctors experiencing ongoing stress to seek help.**

MBANSW provides free and confidential counselling to help doctors experiencing burnout or any other significant life challenge. Where hardship is evident, we can also provide financial assistance.

\* Monash University - The Australian COVID-19 Frontline Healthcare Workers Survey  
Amy Pascoe PhD  
\*\* Medical Journal of Australia <https://www.mja.com.au/journal/2018/reducing-risk-suicide-medical-profession>

This year, due to your support, we assisted over 150 doctors and their family's experiencing adversity.

We also instigated several preventative services including:

- Proactively reaching out to doctors impacted by the floods with emergency financial support, gifts to help buy replace equipment and supplies, counselling, and locum support.
- Delivering burnout workshops, natural disaster debriefs and other support groups to connect doctors with peers facing similar issues.
- Working in the Natural Disaster Emergency Stakeholder Group to successfully have GPs classified as essential services in future disaster planning and to obtain additional funding for flood recovery.
- Strengthening our relationships with The Department of Human Services to help doctors experiencing FDV and other sudden losses of income, to receive more timely and regular Centrelink support.
- Connecting beneficiaries to specialised Financial Counselling Services to enable doctors to build a more robust financial future.

Today, with the increasing trend of workplace stress, burnout and the associated issues of ill-health, addiction, relationship breakdown, depression, and suicide, **MBANSW need your continued support more than ever.**

Sadly, despite all that we and others in the doctor wellbeing space have achieved, it is not uncommon to receive calls from doctors who have contemplated suicide and from distressed family members and colleagues of doctors who died by suicide.

Whilst we receive significantly more calls than ever before, surveys indicate that the majority of doctors still are reticent to seek help.

**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](mailto: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 our 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](mailto: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 MBANSW  
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"/> \$25	<input type="checkbox"/> \$250	<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"/> \$150	<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.**