



With thanks to donors just like you, MBANSW is celebrating 125 years of caring for and supporting doctors and their families in NSW and the ACT.

We want to continue this but we can't do it without you, so please DONATE to our Christmas Appeal.

Demand for our services has increased by 54% in the past 18 months alone. If you are in the position to support your colleagues by committing to a regular donation, it will ensure we can plan our growth to meet the increasing need. Even small donations made monthly or quarterly, make a big difference! However, if you cannot make a regular commitment, your one-off donation is still important to us and greatly appreciated.

Please make your secure tax deductible donation online now at

[givenow.com.au/mbansw](https://www.givenow.com.au/mbansw)

You will be issued with an immediate tax receipt. If you prefer to donate by post, please complete the donation slip over the page and use the reply paid envelope enclosed.



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 the MBANSW Christmas Appeal you can help us provide counselling and financial assistance to more families like Gary's when they need it most.

For example, over a year, your monthly donation of:

\$25

Will enable a doctor not working through illness to keep their weekly health insurance current

\$50

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

\$100

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

\$150

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

\$250

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



MEDICAL BENEVOLENT ASSOCIATION OF NSW



Doctors are experiencing unprecedented levels of anxiety, depression and burnout as an under-resourced healthcare system struggles to contend with the demands of a growing population, widespread mental health issues and the ongoing COVID-19 situation.

BY DOCTORS FOR DOCTORS AND THEIR FAMILIES

www.mbansw.org.au

GARY, Regional GP

Gary is a well-respected GP, working in regional NSW. Over the past few years, his compassionate care of people with mental health conditions, has resulted in him attracting such patients. With nine out of every ten patients now having complex issues, Gary started to feel the impact on his own well-being. He started to feel drained, anxious and was not sleeping well.

When the lockdowns of COVID-19 occurred, the added isolation, lack of social interaction and physical outlets, all combined. Gary succumbed to burnout. In attempting to recover, he exhausted all his personal and annual leave. He was struggling to concentrate, and the depression and anxiety were heightening.

Gary sought help from a local psychologist but when one of his patients suicided, Gary's own mental health was hanging in the balance.

Gary was referred to a psychiatrist who recommended he take a full three months off work to recover. With mounting bills and the prospect of no income, Gary felt his only choice was to work through his worsening health crisis, against the medical advice. He was the primary income earner for his family and the prospect of no income for three months was to him, impossible. When Gary was at breaking point, one of his colleagues suggested he contact MBANSW.

Within a few weeks, we helped Gary catch up on some unpaid bills and then offered to cover his family's basic living expenses of rent, food and healthcare for his recovery period. As he was so highly respected, his practice was keen to support him in any way as they realised his skills and competence. This enabled him to take the time off he needed and concentrate on getting well.

Over the three-month period our social worker had regular contact with Gary and his family. This gave them the support they needed to make some life-changing decisions. He decided to reduce his clinical hours moving forward.

With the help of our team, we provided some suggestions and linked Gary to opportunities and resources for non-clinical employment, so he could supplement his future income.

Three months on and Gary has returned part-time to his general practice. He also has gained some regular non-clinical medical employment. Gary is feeling happy and healthy again and back in balance. He enjoys his clinical time and feels he has something to give his patients. His practice is thrilled to have kept him as they value his skills, compassion and expertise in helping others with mental health conditions.

"We are so incredibly grateful for all you have done for us already. It's really allowed me to take the time off I needed so I could fully recover from being burnt-out, without the additional stress of wondering how I would pay the bills."

With the help of donor funding we can provide financial and social support to doctors and their families, like Gary, at a time they need it the most. We also support them by providing a confidential, safe space to assess choices and provide resources that can help them create a more joyful and secure future.

The MBANSW has noticed an increasing trend of doctors reporting workplace stress that has been exasperated by the COVID-19 pandemic. Such cases now account for nearly 29% of our beneficiaries. Recent Australian research supports this showing that the pandemic's impact on mental health has resulted in 30.9% of doctors experiencing high levels of distress and 15.1% experiencing very high levels of stress since the onset of COVID-19*.

* The mental health of Australian medical practitioners during Covid-19 by Michelle Anne Adams, Matthew Brazel, Richard Thomson
PubMed : <https://doi.org/10.1177/10398562211010807>

This Christmas will you make a donation today to help us provide the financial and counselling support for doctor's experiencing burnout and other crisis that leave them unable to work?

**Make a secure one-off or regular donation at
[givenow.com.au/mbansw](https://www.givenow.com.au/mbansw)
or complete the donation slip opposite
(it can be filled in online and saved)**



Yes, I want to help fellow doctors who are in crisis this year. All donations over \$2 are tax deductible and a receipt will be emailed to you for tax purposes. If donating by credit card complete the form, save and email to finance@mbansw.org.au.

If donating by cheque, complete the form, save, print and mail to: **Reply Paid 89432 GLADESVILLE NSW 1675**

Donations can also be made straight to our bank account
Account Name: Medical Benevolent Association of NSW
Bank: CBA | **BSB:** 062-272 | **Account Number:** 00901952
Ref: Your Full Name

If donating directly to our bank account you will need to send an email to finance@mbansw.org.au so we can identify your donation for receipt purposes.

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	<input type="text"/>		
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Your Tax Receipt will be emailed (it saves money and the environment) unless you tick here indicating you want it posted.

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Thank you for supporting your colleagues in need!