

“ Thank you so much for your generous assistance this year. I am profoundly grateful to your organisation.

**Male Specialist, ACT** ”

“ Advocacy by MBANSW was totally unexpected. It changed the trajectory of my career. It has been a journey filled with anxiety and challenges. The only support I had was from MBANSW. I am grateful to all of you for your kindness and generosity.

**Female RMO, NSW** ”

“ I would like to thank the Board for the generous and continued support that you provided for me over the period of my two operations and time away from work. Your support and the contact with the Social Worker was wonderful at a time of financial distress. I am now back on my feet literally – and working full time and am very appreciative of the role you played in my recovery.

**Female GP, NSW** ”



## CONTACT DETAILS

If you would like more information about MBANSW please contact us through our Social Workers on (02) 9987 0504 or [support@mbansw.org.au](mailto:support@mbansw.org.au) or [www.mbansw.org.au](http://www.mbansw.org.au)

All donation inquiries  
Ph: 02 9987 0504 or  
[finance@mbansw.org.au](mailto:finance@mbansw.org.au)

*All communication is strictly confidential as is any information about assistance given.*



MEDICAL BENEVOLENT ASSOCIATION OF NSW  
**CARING FOR DOCTORS  
AND THEIR FAMILIES**



We've been looking after doctors and their families in NSW and ACT for over 125 years offering confidential financial assistance and counselling support.



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

# WHAT WE DO

The Medical Benevolent Association of NSW helps doctors and their families in need in NSW and the ACT with short-term financial assistance and/or counselling support. Those in the medical profession are often the most reluctant to ask for help. MBANSW provides a confidential, non-judgemental avenue of support for doctors and their loved ones.



## Financial assistance

For a variety of reasons doctors and their families can find themselves under extreme financial stress. A doctor injured in an accident or facing a cancer diagnosis or needing to relocate suddenly due to a domestic violence situation, may quickly find themselves unable to work and in financial distress.



## Counselling support

If something is going wrong at work, or a personal relationship is causing worry, it can be helpful to speak to someone who is outside the situation but understands the unique pressures of being a doctor.



## Referral /Advocacy

If MBANSW is unable to help directly, we can usually make a referral (with consent) to someone who can. Whether you are worried about yourself, a friend, or a medical colleague, we can help you work out the best way forward. We also advocate for individual doctors (with consent) where necessary, as well as for doctors as a whole, striving for their improved well-being.

# HOW TO MAKE A REFERRAL



**If you or a colleague is in need of support, please contact the Social Workers for a confidential conversation about how MBANSW may be able to assist.**

Most people contact us directly to talk about their situation. We also receive referrals from colleagues, employers, family, support services and treating health practitioners. No referral is required. Our service is free. No forms are needed. A telephone call or an email through our website is the best way to get in touch.

If you are unsure if MBANSW can assist you, contact us for a confidential conversation with the Social Workers. If MBANSW can't help we may know someone who can.

Not all requests are for financial assistance. We also provide support, information, referral and advocacy.

Contact MBANSW Social Workers  
on **02 9987 0504**  
or via [support@mbansw.org.au](mailto:support@mbansw.org.au)

If you wish to support your medical colleagues in need with a tax deductible donation please go to our website [www.mbansw.org.au](http://www.mbansw.org.au). It's quick, safe and easy and you will be issued with your Tax Receipt instantly **OR** complete the online form below, save and if donating by Credit Card email it back to us **OR** by Cheque, print out and post back.

**Post:** Medical Benevolent Association of NSW  
PO Box 365 GLADESVILLE NSW 1675

**Email:** [finance@mbansw.org.au](mailto:finance@mbansw.org.au)

**Donation inquiries:** Ph: 02 9987 0504

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

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State       Postcode

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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!**