

Trainee Wellbeing

*Supported by
RACS Trainees' Association*

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Our wellbeing is important, not only for ourselves but for our patients and the teams we work with.

RACS advances Trainee wellbeing through education, support and advocacy on issues that impact on your training experience. This might include unprofessional behaviours, diversity, flexible work, transferability of leave and safe hours.



Your Wellbeing

There are things you can do to maintain your wellbeing:

- practise self-care and know what works best for you to thrive
- [have a GP](#)
- have a network of people (colleagues, mentors, supervisors, family and friends) to lean on for support.

Support Services

Surgical training can be challenging and we are living in uncertain times. There are confidential options available if you need a safe place to talk:

- [RACS Support Program](#) - delivered by Converge International, 24/7 support and four free sessions a year
- [Australasian Doctors Health Network](#) - 24/7 support by doctors
- [Drs4Drs](#) - 24/7 support by doctors
- [Hand-n-Hand](#) - peer support by doctors

Doctors' Wellbeing Resources

There are a range of doctors' wellbeing resources available:

Apps

- [TEN for Healthcare Workers](#)
- [Smiling Mind](#)

Podcasts

- [Ahpras Taking Care](#)
- [RACS Post Op](#)

Online

- [Wellbeing Charter for Doctors](#)
- [AMASA and AMACDT mental health traffic light initiative](#)
- [RACS Five to Thrive](#) - self care micro activity
- [Drs4Drs Five Minute Guides to Staying Well](#)
- [Pandemic Kindness Movement](#) - curated wellbeing resources by clinicians
- [The Black Dog Institute Online Clinic](#)
- [Keeping the Doctor Alive](#): a self care book for medical practitioners
- [Every Doctor: Healthier Doctors = Healthier Patients](#) - ebook

Visit the [Surgeons wellbeing](#) and [resources](#) webpages for a full list of resources and support options.