

# Webinar on Practitioner Health & Welfare



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Medical professionals can be burnt out, overworked and more prone to psychological distress, but when it comes to their own mental health, many fear the stigma of treatment. This webinar will canvass the fundamental preventative and mitigating measures that can be taken to minimise the fallout to lives and careers from such illnesses or disorders.

## Learning objectives

1. Identify key areas of concern involving the health and welfare of practitioners.
2. Be able to perform an assessment of your individual health and wellbeing.
3. Implement strategies to minimise concerns around health and wellbeing.

Presenter

Dr Kym Jenkins, Consultant Psychiatrist, has a clinical and academic interest in the health and wellbeing of the medical profession spending 10 years as Medical Director of the Victorian Doctors' Health Program. Dr Jenkins joins us to discuss her experiences of the journey practitioners' traverse when faced with their own mental health problems, stress or issues such as substance abuse.

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