

Mental Wellbeing for Healthcare Workers



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Healthcare workers across Australia and the world are showing their support for doctors experiencing mental illness by wearing crazy socks. The campaign, #CrazySocks4Docs, was started by Dr Geoff Toogood, who has championed mental health support for doctors after his own battle with mental illness.

Join Dr Geoff Toogood as he shares some of his personal experiences navigating through the pressures of his life and his fascinating experiences as a healthcare professional.

Learning outcomes

- Identify some of the mental health issues confronting health practitioners
- Adopt strategies to support yourself and minimise the risk of adverse personal outcomes
- Identify when and how to assist colleagues who are unwell or struggling

Dr Geoff Toogood MBBS, FRACP, FCANZ, FHRS, AFRACMA, A/FACAsM, Grad Cert HSM, ACCAM is a cardiologist at the Peninsula Private hospital in Victoria. Dr Toogood started the #CrazySocks4Docs movement after one day on his way to work, he noticed his dog Sammy had chewed one of his socks. In a hurry, he grabbed another non-matching sock and wore it to work where his peers targeted him for perhaps being mentally unwell. The #CrazySocks4Docs movement has now become a major catalyst for change in the medical profession.

The webinar was recorded in Melbourne in August 2017 and runs for approximately 50 minutes. To obtain a Certificate of Attendance you must view the entire webinar and complete a feedback form. You may pause the video but you cannot track forward or back.

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