Queensland Doctors’ Health Programme

Ph: 07 3833 4352
A free, independent, confidential, colleague-to-colleague advisory service for doctors and medical students.

www.qdhp.org.au

Help is only a call away

The QDHP is an independent service supported through funding from the Medical Board of Australia.
Livewell
Livewell is your online wellbeing resource, offering a comprehensive suite of self-help tools and access to an extensive library. The portal is designed to help address issues impacting your personal life, work life, health and wellbeing and to assist you to prepare for future work and life changes.

How to access Livewell
To log on simply go to www.livewell.optum.com and enter your access code. (If applicable check your intranet for further details.)

1800 604 640
www.livewell.optum.com

Call your EAP
Your Employee Assistance Program (EAP) provides short term counselling and support for all employees and immediate family members (if eligible). The EAP is easily accessible, voluntary and can provide support on a range of personal and work related issues such as:
- maximising your potential/performance
- relationship and marital problems
- workplace conflict and communication
- career path
- retirement
- grief and bereavement
- balancing family and work responsibilities
- concerns about your children or family members
- changes at work or home
- depression, anxiety
- stress management
- elder care issues
- eating disorders
- addictions.

Employee Assistance Program

Who provides the service?
Your EAP is provided by Optum™ (formerly PCC Worldwide). We have been operating internationally since 1975, in Australia since 1993, and are now one of the largest EAP providers globally.

Who are the counsellors?
Optum counsellors are all highly experienced, professionally qualified psychologists or social workers.

What about confidentiality?
Confidentiality is assured. Optum is completely independent of your employer and no identifying information about you will be released.

How do I use it?
Call 1800 604 640 to arrange a counselling session at a convenient time and location.
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**Employee Assistance Program**

- Professional
- Confidential
- Free counselling service
- Manager Hotline
- Critical incident support available

24 hours – 7 days

**1800 604 640**

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