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Look after your mental health during these tough times says AMA

The AMA says with many Australians feeling heightened levels of anxiety and trauma due to the devastating effects of an increasingly unstable climate, war in Ukraine and the continuing pandemic, it was timely, if possible, to check in with friends, reach out to your GP and take a break from media, including social media.

AMA President, Dr Omar Khorshid said the media had given us an incredible insight into the suffering and pain being felt by Australians caught up in the flood catastrophe as well as the grief and horror of war.

“The media, including social media has connected us very personally with the war in Ukraine and with the flooding tragedies in Queensland and NSW. Witnessing these events is certain to have an impact on most of us, and if it’s feeling overwhelming it may be time to have a break from screens and the media.

“Other ways to deal with the uncertainties we’re all facing at the moment is to reach out to your GP who can coordinate with mental health professionals to help you find the right support pathway.

“Many of us are experiencing additional life stressors and it is important to take time out to acknowledge this and check in with yourself and those around you. If you are not feeling well or have some concerns about your mental health, make an appointment with your GP and have a chat sooner rather than later,” Dr Khorshid said.

“Some simple things you can do during times of stress to maintain good mental health include maintaining regular exercise, connecting with family and friends, minimising use of alcohol and getting regular sleep.”

Dr Khorshid said doctors also remained under pressure and were continuing to work on the frontline of the pandemic and the recent disasters.

“The AMA reminds doctors to seek support when they need it, to protect their health and wellbeing and to recognise the signs of burn out and anxiety,” he said.

- *Doctors and medical students looking for crisis support can call the [Drs4Drs](http://www.drs4drs.com.au) 24/7 helpline on 1300 374 377 (1300 Dr4Drs)*
- *[Lifeline](http://www.lifeline.org.au) offers 24/7 crisis support for all Australians on 13 11 44.*

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