

# MEDIA RELEASE

**Sunday, 23 July 2023**

## **'I have a GP': Doctors urged to ensure they have a GP to care for them**

A new engagement project promoting doctor wellbeing and the importance of doctors having a GP is launching today.

The 'I have a GP' project will run over the next month with videos featuring doctors at different career stages detailing why all doctors should have GP.

Developed by the Australian Medical Association, the project will run over the next month with videos featuring doctors at different career stages.

Videos will be posted on the AMA's [LinkedIn](#) and [Instagram](#) platforms, and doctors are encouraged to reshare the posts with their own experiences using the hashtag #ihaveagp.

AMA President Professor Steve Robson said the project is important as it promotes a discussion amongst doctors about the importance of having a GP.

"It's so important for doctors to take care of their own health," Professor Robson said.

"We know that doctors go through a lot, and the past few years have really added extra pressure on top of an already demanding job.

"This initiative really shares the message that doctors need their own doctors to keep them in good health.

"Of course, it's vital that our health systems and employers also accommodate doctors to get medical care. A healthy workforce is a productive workforce, and we need to prioritise the health and wellbeing of our doctors."

Professor Robson said there can sometimes be a tendency for doctors to either try and be stoic, putting their own health second, or to try and self-diagnose and manage their healthcare themselves.

"As they say, a doctor who has themselves as a patient has a fool for a patient," Professor Robson said.

"This project is a reminder of the importance of doctors having their own GP who can provide ongoing and objective healthcare and support to keep them well."

The engagement project includes video contributions from AMA Council of Doctors in Training Chair, Dr Hannah Szewczyk; Australian Medical Students Association President Tish Sivagnanan; Professor Robson, AMA Vice President Dr Danielle McMullen; and founder of [Crazy Socks 4 Docs](#) Dr Geoff Toogood.

The videos address a range of subjects relating to why having a GP is important for doctors including how doctors can find a GP who will look after doctors; what doctors can expect when they visit a GP; and advice on mandatory reporting to allay any fears doctors may have about seeking support for mental health issues.

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The project also highlights the [Drs4Drs health services](#) which offer 24/7 urgent support for doctors and medical students and provides doctors and medical students with information on how to access their relevant state and territory health services.

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