The Doctors' Health Advisory Service (DHAS) operates independently and confidentially, and aims to ensure that no doctor or medical student in NSW lacks access to health care.

The helpline is available 24 hours a day and can provide advice to doctors with difficulties (e.g., drug and alcohol, stress, mental health, personal and financial difficulties).

The service runs independent of all registration boards and does not collect identifying data so it cannot report doctors to registration or disciplinary boards.

Although I urge that all medical students and junior medical officers should have their own general practitioner, if you are in distress, then this is a highly valuable resource.