

## MEDIA RELEASE

### Medical students seek input to improve wellbeing

The Australian Medical Students' Association (AMSA) in conjunction with the New Zealand Medical Students' Association (NZMSA) is calling for submissions to improve the approach to medical student wellbeing.

This consultation follows international studies that have identified higher levels of stress, depression and suicidal ideation in medical students compared with age-matched peers.

AMSA and NZMSA have also conducted a survey about medical student wellbeing, which is due for release next month.

President Tiffany Fulde said, "Addressing personal wellbeing, as well as providing appropriate support services, is an essential component of a medical degree. We are keen to know what different people believe the best way to tackle this issue is."

AMSA/NZMSA are seeking input on topics including the provision of wellbeing teaching and support services and the minimisation of stigma associated with stress and distress. Submissions will be used to develop policy and guide AMSA/NZMSA wellbeing initiatives.

Ms Fulde said, "Currently universities are required to teach students about wellbeing. Unfortunately it is not always done in the best possible way, and much can be done to improve the effectiveness of current programs."

The consultation aims to gain insight and information from key stakeholders in medical education and those involved in student health, to assist universities in producing happier and healthier doctors.

Electronic submissions should be directed to [community@amsa.org.au](mailto:community@amsa.org.au) before Friday October 16. The Terms of Reference can be found at [www.amsa.org.au](http://www.amsa.org.au).

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