Working in rural and remote locations

Working in a rural location is a great opportunity to expand your clinical skills, improve your knowledge on different health care models and learn about different communities. It can provide you with unique professional development opportunities, hands-on learning and increased autonomy and responsibility.

As rewarding as it is, working in rural locations comes with its own unique challenges. It’s easy to become isolated from your usual support networks such as friends and family, resulting in increased occupational stress.

Below are some tips to reduce isolation and get the best out of your time living and working in a rural area.

- Keep in contact with your friends and family. They may be physically far away, but ensure you schedule regular video chats or telephone calls to keep you connected to those you care about.
- Keep your regular routine. If you normally love to exercise, cook or spend your weekends socialising try to continue those activities.
- Learn about the community and take the time to explore the local area. Speak with the hospital staff or local tourism operator to find out about local events, sporting events, markets etc. to find reasons to get out and meet new people.

If you find yourself requiring assistance while working in a rural location contact CRANApplus Bush Support Services which provides free telephone counselling, debriefing, psychological interventions and support services to rural and remote area health professionals and their families.

CRANApplus Bush Support on 1800 805 391

Keeping Yourself Well
For more support and information visit ranzcp.org/support