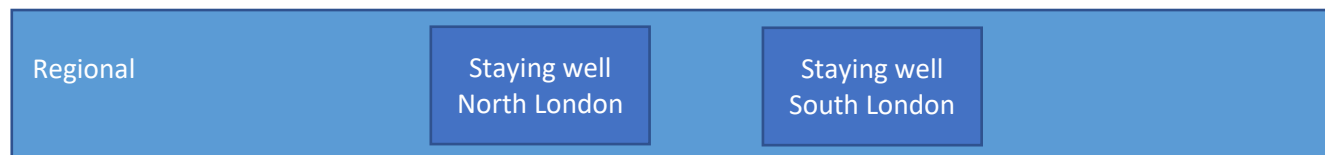


Getting support

Malika Atim (ST2 psychiatry core trainee) and Lauren turner (ST3 psychiatry core trainee)



Third sector including BMA (including DocHealth), doctors support network, NHS practitioner health programme, Sick Doctors Trust, Samaritans, Academy of medical royal colleges support for doctors and Whistleblowing

National		
Organisation	Information	Contact
HEE	Professional support unit – supporting the progression of medical and dental postgraduate trainees through training. Offer 1:1 appointments, seminars and groups. Support for burnout, psychological difficulties/wellbeing, returning to training, workload, colleagues, ill health, complex clinical scenarios, training and career. Confidential service	Psu.lase@hee.nhs.uk Self-referral form via HEE website
Royal college psychiatrists	Psychiatrists support service – free, peer support by phone to all psychiatrists experiencing personal or work-related difficulties. Confidential service	020 86184020 pss@rcpsych.ac.uk
NHS England	NHS practitioner help, free and confidential service for mental health and addiction difficulties, phone and face to face available They also have a confidential bereavement line 8am-8pm all week NHS in mind is a forum to support staff suffering with anxiety. Stress and workload.	Text NHSPH to 85258 – 24/7 line for urgent support Practitioner help: 0300 0303 300 Self-referral form via NHS practitioner health Bereavement: 03003034434 www.nhsinmind.co.uk
Regional		
Organisation	Information	Contact

Keeping well London	<p>Hubs across the UK, within London areas covered include: NW, NC, NE, SE, BLMK</p> <p>Link workers for each hospital trust to raise awareness and to offer help to staff seeking access to support</p> <p>The hubs can offer: Self-help resources Resource for staff and leaders including wellbeing advice Interventions – CBT and psychotherapy, signposting Follow-up</p>	<p>Referrals reviewed within 24 hours, assessment offered by 48 hours and open to all staff – no other exclusion criteria</p> <p>Self-referral forms available on the website North London 0300 123 1705 South London: slm-tr.keepingwell.sel@nhs.net</p> <p>https://www.keepingwellsel.nhs.uk/</p>
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Local		
Organisation	Information	Contact
SlaM	<p>CISS – Victoria Fawcett lead. Includes reflective spaces and post incident support</p> <p>Staff counselling and wellbeing service – Francis Selema lead.</p> <p>Restorative justice support – Simon Jackson and Hannah Okenfold lead</p> <p>Wellbeing service</p> <p>Staff support networks:</p> <ul style="list-style-type: none"> • BAME network, • Lived experience network, • Women's network • Diversity network • LBGTQIA+ network <p>Freedom to speak up</p>	<p>CISS</p> <p>Slamonline.sharepoint.com/sites/support/SitePages/Staff-Support-Available-in-SlaM.aspx</p> <p>Well being</p> <p>Slamonline.sharepoint.com/sites/support/SitePages/Well-being-service</p>
South West & St George's		
CNWL		
ELFT	<p>ELFT's Emotional Support Call-Back Service Bullying & Harassment Advisors</p> <p>Freedom to Speak up team</p> <p>Staff networks</p> <ul style="list-style-type: none"> • ELFT Ability Network • BAME Staff network • LGBTQ Staff Network • ELFT Women's Network 	<p>elft@teamprevent.co.uk or 01327 810777 elft.communications@nhs.net</p> <p>Bullying and harassment https://elftintranet/sites/common/Private/Contentobject_View.aspx?id=29918</p> <p>Freedom to speak up https://elftintranet/sites/common/Private/Contentobject_View.aspx?id=62168</p>
NELFT	Psychological Wellbeing Service for BHRUT staff:	First Floor Neutral Zone, Queens Hospital, Rom Valley Way, Romford, RM7 0AG

	<p>Staff networks</p> <ul style="list-style-type: none"> • Disability staff network • Dyslexia and other specific learning disability networks • Ethnic minority staff network • LGBT+ staff network • Hearing impairment staff network • Interfaith Staff network • Parents and Carers Network • Mental Health staff network • Women's staff network 	<p>Tel: 01708 435177 Email: Joanna.lofthouse@nhs.net ; Soren.stauffer-kruse@nelft.nhs.uk</p>
West London		
Third sector		
Organisation	Information	Contact
BMA	All doctors with BMA membership or not, staffed 24/7 by telephone councillors. Confidential and ethical codes of practice observed	03301231245
Doc health	Confidential, non-profit, psychotherapeutic consultation service for all practicing doctors. There is a charge on a sliding scale depending on circumstances. Self-referral service, joint venture from RMBF and BMA, membership not required.	Call: 0207 383 6533 enquiries@docthealth.org.uk
Doctors support network	Self-help group for doctors (confidential peer support) with mental health concerns including stress, burnout, anxiety, depression, bipolar eating disorders and psychosis. Regular meetings across the UK. Voluntary donation welcome but not compulsory	www.dsn.org.uk fill in their application form
Duty to care	Free access to support for any doctor, no waiting lists. 1:1 sessions over video/teleconferencing. To help with depression, anxiety, burnout, panic attacks, stress and trauma	www.dutytocare.info fill in their self referral form
Sick Doctors trust	Proactive service for actively addicted doctors to assist with early intervention. Treatment in centres, arranges funding for inpatient treatment, provides advocacy and representation when required. Confidential 24/7	0370 444 5163
Academy of medical royal colleges	Website listing additional local support available	www.aomrc.org.uk
Whistleblowing	Hotline for all NHS staff	08000 724 725