


The Professional Support Unit (PSU)

Introduction for TPDs



Developing people
for health and
healthcare

www.hee.nhs.uk

What is the PSU?

- Free support service for dentists & doctors in training across London & Kent, Surrey, Sussex
- Access to confidential & impartial one-to-one advice/support, group support, courses & self-management resources
- The team consists of: experienced educators, clinicians, coaches and careers advisors with access to mental health specialists, linguistics experts & educational psychologists
- Information about all our services at [PSU website](#)

Common reasons why learners come to the PSU

Difficulties with:

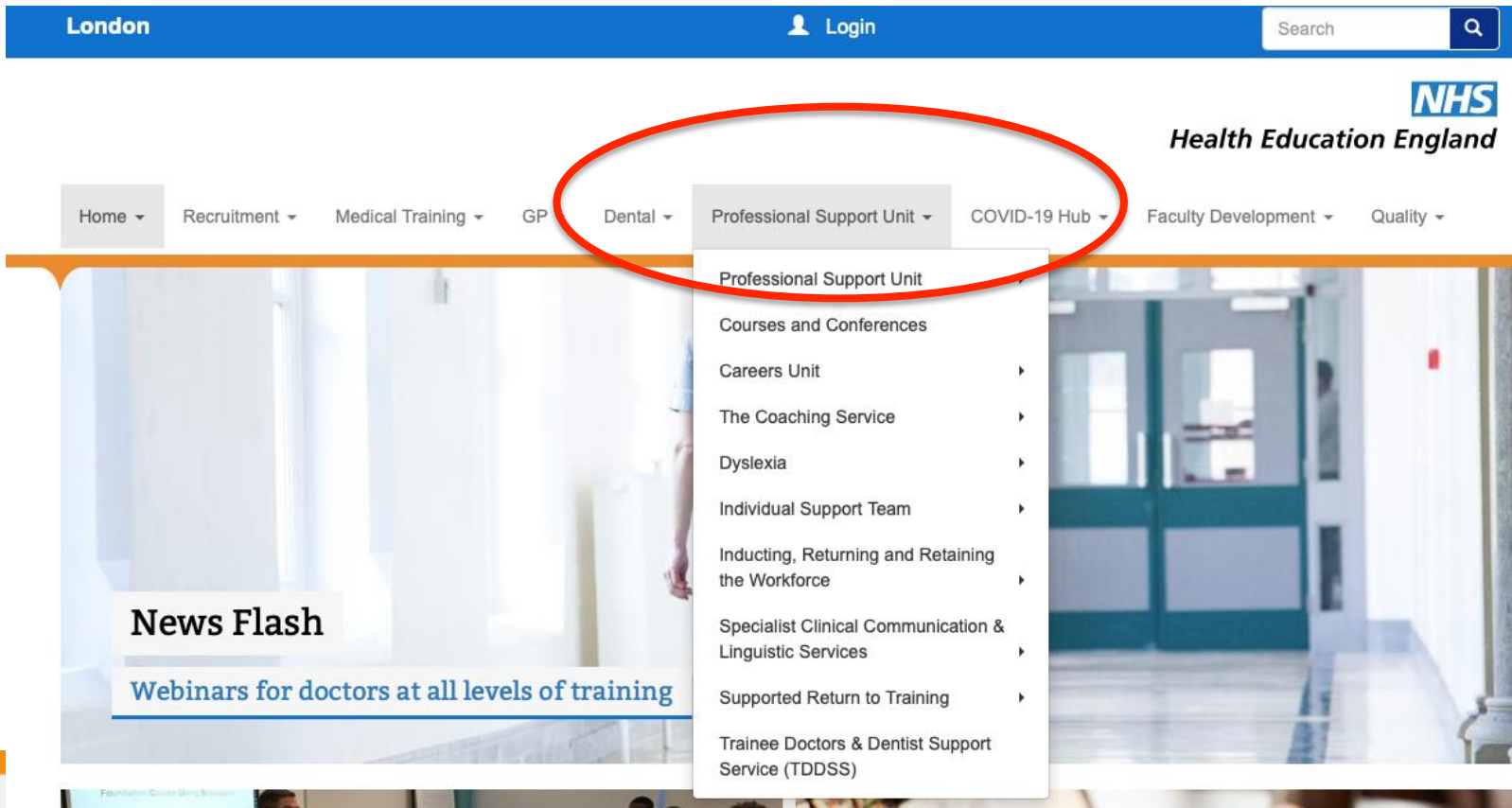
- Examinations - recurrent difficulty passing
- Relationships – patients or colleagues
- Psychological problems – stress, burnout, anxiety, depression
- Life events & pressures outside work
- Career doubts
- Returning to training after a break
- Issue relating to COVID19 impacting on training
- *Combination of these reasons*

What we don't offer

- Legal advice
- Formal HR or contractual advice
- Occupational Health advice
- **BUT**.... we will often speak with trainees and help them access that support so if in doubt just contact us

How to access the PSU

- Self refer via [HEE website](https://london.hee.nhs.uk) (<https://london.hee.nhs.uk>)



PSU Pathways

You can self-refer directly to a specific service

(e.g. [coaching](#), [careers advice](#), [dyslexia assessment](#), [linguistics support](#) [individual support](#)...)

OR

if unsure....ask for a confidential Single Point of Contact (SPOC) appointment for initial advice & signposting

(via [generic PSU inquiries form](#))

(NB: our website also has many resources such as [podcasts](#), [e-learning](#) & info about our [free courses](#)

e.g.: [assertiveness](#), [work & wellbeing](#), [stress & examinations](#)...)

Questions?....

