

Support services for non-training grades/post CCT doctors in London

General support

- 1) The GMC website provides information about what happens when concerns are raised about a doctor. Follow the link: <http://www.gmc-uk.org/concerns/index.asp> and select the appropriate menu from the list at the foot of the page for information relating to your specific circumstance.
- 2) If you would like to speak with someone about employment, fairness and the law you can access ACAS advice for free details are at: <http://www.acas.org.uk/index.aspx?articleid=1461> This site provides answers to a series of FAQs as well as a confidential helpline where you can get individual advice from an ACAS helpline adviser on 0300 123 1100 (8am-6pm Monday to Friday) Details of the individual service is available at: <https://www.acas.org.uk/index.aspx?articleid=2042>
- 3) Practitioner Health Programme provides psychological services to doctors in London (free) <https://php.nhs.uk/contact-us> Free confidential advice can be accessed at 020 3049 4504 or email Practitioner Health Programme at england.phpadmin@nhs.net
- 4) A confidential peer support group for doctors suffering any degree of 'mental distress' - Doctors Support Network – can be found at: <https://www.dsn.org.uk>
- 5) If you feel that you have been treated less favourably, you can seek advice from the Equality and Human Rights Commission at <https://www.equalityhumanrights.com/en/contact-us> All details for contacting them are on the first page of this website.
- 5) Citizens advice bureau can advise you on finances, benefits and your rights in general. If you would like to talk on the phone or make an appointment to see someone, click on this link and locate your nearest office. <https://www.citizensadvice.org.uk/> instructions on how to contact them/make an appointment is on this page.
- 7) A range of online modules addressing a wide range of topics from specific medical conditions, to mandatory training, policies and career planning can be accessed at e-learning for healthcare - <https://www.e-lfh.org.uk/programmes/> You will need to register on this site to gain full access to these materials
- 8) A number of online modules and resources, addressing professional issues, are available on the Professional Support Unit website <https://www.lpmde.ac.uk/professional-development/elearning-support-and-self-review-modules>
- 9) Fit for Work: A guide for managers and personnel officers to assess and support health professionals who have medical conditions or disabilities is available on the Professional Support Unit website: <https://www.lpmde.ac.uk/professional-development/fit-for-work-guidance>
- 10) BMA counselling and doctor advisory service <https://www.bma.org.uk/advice/work-life-support/your-wellbeing> This service includes DocHealth, a not for profit, confidential psychotherapeutic consultation service for all doctors. which can be accessed here: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/dochealth>

11) Doctors well-being and useful links from the BMA can be found here:

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/sources-of-support>

12) The Royal Medical Benevolent Fund - the leading UK charity for doctors, medical students and their families. They provide financial support, money advice and information when it is most needed due to age, ill health, disability and bereavement. <https://rmbf.org>

13) Doctors net.uk - the UK's largest professional network of doctors. <https://www.doctors.net.uk>

14) The Londonwide LMCs for established GPs with performance concerns – the GP support team provide tailored and intensive one-to-one advice and support to any individual GP or practice in difficulty. <https://www.lmc.org.uk/page.php?id=39>

Coaching, mentoring and careers support

15) The London Leadership Academy provides free coaching/mentorship for doctors. Information and application process can be found here:

<https://www.londonleadershipacademy.nhs.uk/coaching-and-mentoring>

16) The following are a couple of professional bodies which hold registers of qualified and accredited coaches. All coaches listed will have individual charging packages but both organisations allow you to search for a coach to suit your needs:

- European Mentoring and Coaching Council
http://www.emccouncil.org/eu/en/find_mentorcoach scroll down to the foot of the page to complete the request form.
- International Coach Federation
<https://coachfederation.org/credentialed-coach-finder>

17) The PSU Careers Unit has a range of online career planning modules. Those for doctors can be accessed here: <https://www.lpmde.ac.uk/professional-development/careers-unit/doctors>
Further resources are being developed for a range of healthcare professions however the model used to structure planning is relevant even if you are currently not in training.

18) The Health Careers website has sections to help you explore roles <https://www.healthcareers.nhs.uk/explore-roles/doctors>. In addition to a wide range of detailed occupational profiles there is a range of general information about training and career development within the medical profession.

19) A number of the Royal Colleges have detailed careers and curriculum information and case studies on their sites. A full list of colleges can be found at: <https://www.aomrc.org.uk/about-us/academy-members/>

20) The BMA offers individual well-being and peer support which you can access via this link: <https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

21) www.prospects.ac.uk – a general careers website with advice on career planning and making applications as well as occupational profiles within and outside healthcare.