

## South East Appraisal and Revalidation Support and Advice for doctors

There are several organisations offering help and support to doctors experiencing difficulties; information and links to useful resources are provided below.

If you identify a doctor with a wellbeing need and none of the following resources seems appropriate, remember the option to speak to your appraisal lead for further suggestions and advice. This can be done anonymously if need be.

### Health, counselling, and support

<p><b><u>The BMA doctor advisor service</u></b> runs alongside BMA counselling giving doctors and medical students in distress or difficulty the choice of speaking in confidence to another doctor. Membership not required to access this</p> <p>Telephone: 0330 123 1245</p>	<p><b><u>Practitioner Health Service</u></b> is a confidential, self-referral service for doctors in England offering help to doctors with issues relating to a mental health concern, including stress or depression, or an addiction problem, where these might affect work.</p> <p>Telephone: 0300 0303 300</p> <p>Text: Text NHSPH to 85258 for the out-of-hours crisis text service. Video link below:</p> <p><a href="https://vimeo.com/526249494/29efdb814a">https://vimeo.com/526249494/29efdb814a</a></p>
<p><b><u>Doctors' Support Network</u></b> is a confidential peer support network for doctors and medical students with concerns about their mental health.</p>	<p><b><u>The Sick Doctors Trust</u></b> offers support and help for doctors, dentists and medical students who are concerned about their use of drugs and alcohol.</p> <p>Telephone: 0370 444 5163</p>
<p><b><u>Physician Burnout</u></b> is a website providing resources and blogs on how to deal with burnout and information on the support available to doctors about burnout.</p>	<p><b><u>DocHealth</u></b> is a confidential, not for profit, service giving doctors the opportunity to explore professional and personal difficulties with senior clinicians.</p> <p>Telephone: 020 7383 6533</p>
<p><b><u>Action on Addiction</u></b> is a national charity which offers high quality, effective residential rehab and community-based addiction treatment.</p> <p>Telephone: 0300 330 0659</p>	<p><b><u>British Doctors and Dentists Group</u></b> is a recovery group for doctors addicted to alcohol and/or drugs.</p>

<p><a href="#">GLADD</a> is an organisation in the UK that unites and represents LGBTQ+ doctors, dentists, medical and dental students from all over the UK. Membership to anyone who supports the values and constitution that GLADD stands for.</p>	<p><a href="#">Our NHS People</a> Help to manage health and wellbeing by phone or text. Offers access to wellbeing support apps, guides and information. 24-hour staff support line operated by the Samaritans.</p> <p>General support line telephone: 0800 06 96 222 Bereavement support: 0300 303 4434 Text: FRONTLINE to 85258 24/7 via text</p>
<p><a href="#">Help them to help us</a> Healthcare Workers' Foundation provides support for physical, mental and day to day needs of all healthcare workers. Counselling &amp; psychotherapy offered.</p>	<p><a href="#">Frontline 19</a> provide a free and confidential psychological support service for people working in the NHS and frontline services in the UK.</p>
<p><a href="#">Medical Protection Society Counselling service</a> members can access sessions of counselling.</p>	<p><a href="#">Project 5</a> a bespoke health service worker wellbeing service offering free, independent and confidential solution and wellbeing support.</p>
<p><a href="#">Freedom to Speak Up in Primary Care</a> guidance to support speaking up in primary care.</p> <p><a href="#">E-Learning for Health Freedom to Speak Up programme</a> this electronic learning for health website link provides information on how to raise concerns around the issues of bullying, harassment and discrimination.</p>	<p><a href="#">Disabled Doctors Network</a> this support network and website is aimed at chronically ill/disabled doctors, medical students, their colleagues, educators, trainers and anyone else requiring information or support regarding inclusion in the medical professions as a person with a chronic illness or disability.</p>

## Self-help support and mental health

<p><a href="#">Be Mindful</a> is an online resource for mindfulness.</p>	<p><a href="#">Headspace</a> is a science-backed app in mindfulness and meditation. Free to all NHS staff with an NHS email address until 31 December 2022.</p>
<p><a href="#">The Royal College of Psychiatrists mental health page</a> An excellent source of information; from fact sheets on specific mental health issues and supporting someone with a mental health condition to training to become a mental health professional.</p>	<p>Books offering guidance on reducing stress, restoring wellbeing and finding peace in a frantic world:</p> <p><a href="#">Mindfulness</a> by Mark Williams</p> <p><a href="#">Mindfulness for health</a> by Vidyamala Burch</p>

<p><a href="#"><u>Covid-19 Mindfulness resources for health and care staff</u></a> from the mindfulness initiative, links to numerous resources and ways into mindfulness.</p>	<p><a href="#"><u>Living life to the full</u></a> is a website offering free online courses covering low mood, stress and resiliency.</p>
<p><a href="#"><u>Staying Safe from suicidal thoughts</u></a> resources to help those struggling with suicidal thoughts.</p> <p><a href="#"><u>Campaign Against Living Miserably CALM</u></a> is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day. Telephone: 0800 58 58 58</p>	<p><a href="#"><u>Red Whale COVID-19 emotional and psychological survival guide</u></a> the first of a series of articles, offering some simple tips on staying well and supporting each other as clinicians</p>
<p><a href="#"><u>Emotional Wellbeing</u></a> – How to talk to your employer about your mental health.</p>	<p><a href="#"><u>Coping with the Stress and Anxiety caused by the pandemic</u></a> Expert tips and free online tools to help you navigate a challenging time. Explore our range of practical workbooks and helpful resources for coping with the stress and anxiety caused by the pandemic.</p>
<p><a href="#"><u>Rethink Mental Illness – Managing your Mental Health during the Coronavirus Outbreak.</u></a></p> <p>Over the last few weeks, the media has been full of updates about the Coronavirus - from daily bulletins on the TV to minute by minute stories in your social media feeds - it is hard to avoid. But what if you are living with a mental illness that could be exacerbated by this non- stop rolling news? Peer from our Digital team looks at the simple steps you can take to look after your wellbeing.</p>	<p><a href="#"><u>Well-being Conversations – Creating cultures of wellbeing</u></a></p> <p>Well-being conversations - Creating cultures of wellbeing</p>

## Financial help

<p><a href="#"><u>The Cameron Fund</u></a> provides support to GPs and their families in times of financial need, whether through ill-health, disability, death or loss of employment.</p>	<p><a href="#"><u>The Royal Medical Foundation</u></a> is a charity providing assistance to registered doctors and their families who are in financial hardship.</p>
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<p><a href="#"><u>Help me, I'm a doctor</u></a> is a group of five medical charities working with NHS England have launched the "Help me, I'm a doctor" portal – a confidential single access point for doctors searching for financial help as well as signposting to other support.</p>	<p><a href="#"><u>The Royal Medical Benevolent Fund</u></a> supports doctors and their families through all stages of their career and beyond. Help ranges from financial assistance in the form of grants and loans to a telephone befriending scheme for those who may be isolated and in need of support. Telephone: 020 8540 9194</p>
<p><a href="#"><u>Medics money</u></a> empowering doctors to make better financial decisions. Self-help guides and information.</p>	<p><a href="#"><u>Society for Assistance of Medical Families</u></a>  <a href="#"><u>SAMF</u></a> SAMF supports medical practitioners and/or their families who find themselves in severe financial hardship. We work with members and applicants to understand and to help fund the assistance they may need to make a pivotal change to their circumstances.</p>

Specific support for doctors of Black, Asian or Minority Ethnic [BAME] background, and for doctors with pre-existing conditions or other risk factors

<p><a href="#"><u>A note for all colleagues from a BAME background working in the NHS</u></a> supporting our NHS people from a BAME background and their communities during and beyond COVID-19.</p>	<p><a href="#"><u>Risk assessments for staff produced by NHS employers</u></a> on how to enhance their existing risk assessments particularly for at-risk and vulnerable groups within their workforce.</p>
<p><a href="#"><u>COVID-19: risk assessment for all staff</u></a> the BMA has called upon the NHS to introduce an effective system of risk assessment for all doctors, including those from BAME background to ensure that doctors can work in a way that minimises risk to themselves and patients.</p>	<p><a href="#"><u>Safety Assessment and Decision (SAAD) Score (2)</u></a> SAAD risk assessment tool developed for all staff within General Practice, including both clinical and non-clinical staff.</p>
<p><a href="#"><u>Disabled Doctors Network</u></a> this support network and website is aimed at chronically ill/disabled doctors, medical students, their colleagues, educators, trainers and anyone else requiring information or support regarding inclusion in the medical professions as a person with a chronic illness or disability</p>	

Help for GPs

<p><a href="#"><u>Local LMC</u></a> offer advice, support and often mentoring or coaching.</p>	<p><a href="#"><u>Heales Medical – Leading Innovation in Occupational Health Care</u></a> contracted by NHS England to provide a comprehensive occupational health service to GPs working in the South of England who are on the Performers List.</p>
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<p><b>Time for Care</b> programme to help practice teams to manage their workload.</p>	<p><b>The Royal College of General Practitioners</b> provides a wide range of information and support to General Practitioners.</p>
<p><b>Looking after you too -coaching</b> provides coaching support for frontline primary care staff.</p>	<p><b>Staff Support Line</b> Tel: 0300 131 7000 (7am-11pm, seven days a week) <b>Bereavement support during Covid-19</b> Tel: 0300 303 4434 (8am-8pm, seven days a week)</p>
<p><b>Local services offering mentoring and career advice</b></p> <p>Kent <a href="http://www.westkenteducationnetwork.co.uk">www.westkenteducationnetwork.co.uk</a> , this website has several links to other local sources of help.</p> <p>For mentoring email via <a href="mailto:kmccg.wkenttraininghub@nhs.net">kmccg.wkenttraininghub@nhs.net</a> for GPs in West Kent.</p> <p>The contact details for the rest of Kent are: <a href="mailto:eastkent.traininghub@nhs.net">eastkent.traininghub@nhs.net</a> <a href="mailto:northkent.traininghub@nhs.net">northkent.traininghub@nhs.net</a></p> <p>Sussex Free coaching and mentoring service. Contact Alexan Westlake at <a href="mailto:sxccg.sussextraininghubs@nhs.net">sxccg.sussextraininghubs@nhs.net</a> or call 07867 139364</p> <p>Surrey Multi-professional Mentor Sessions <a href="mailto:csh.surreyeducation@nhs.net">csh.surreyeducation@nhs.net</a> (Mentoring in subject line)</p> <p>Thames Valley <a href="http://primarycarementoring-bob.nhs.uk">Primary Care Mentoring (primarycarementoring-bob.nhs.uk)</a> The service provides free wellbeing mentoring, career development advice and supports new to practice and mid-career fellowship mentorship. Mentors in our faculty can be developed up to ILM5</p> <p>Looking after you: confidential coaching and support for the primary care workforce.</p> <p><a href="https://www.england.nhs.uk/supporting-our-nhspeople/support-now/looking-after-youconfidential-coaching-and-support-for-theprimary-care-workforce/">https://www.england.nhs.uk/supporting-our-nhspeople/support-now/looking-after-youconfidential-coaching-and-support-for-theprimary-care-workforce/</a></p>	<p><b>Black, Asian or Minority Ethnic [BAME] doctors and support for doctors with pre-existing conditions</b></p> <p><a href="https://www.england.nhs.uk/blog/note-for-all-bame-colleagues-working-in-the-nhs/">https://www.england.nhs.uk/blog/note-for-all-bame-colleagues-working-in-the-nhs/</a></p> <p><a href="https://www.nhsemployers.org/covid19/health-safety-and-wellbeing/risk-assessments-for-staff">https://www.nhsemployers.org/covid19/health-safety-and-wellbeing/risk-assessments-for-staff</a></p> <p><a href="https://abmacademy.com/wp-content/uploads/2020/05/SAAD-Score-2.pdf">https://abmacademy.com/wp-content/uploads/2020/05/SAAD-Score-2.pdf</a> <a href="https://www.disableddoctorsnetwork.com">https://www.disableddoctorsnetwork.com</a></p>

## Index

### Health, counselling, and support

<https://www.bma.org.uk/advice-and-support/your-wellbeing#wellbeing-support-services>

<https://www.practitionerhealth.nhs.uk>

<https://www.dsn.org.uk> <http://sick-doctors-trust.co.uk> <https://physicianburnout.co.uk>

<https://www.dochealth.org.uk/>

<https://www.actiononaddiction.org.uk/>

<http://www.bddg.org>

<https://www.gladd.co.uk>

<https://people.nhs.uk>

<https://www.helpthemhelpus.co.uk>

<https://www.frontline19.com>

<https://www.medicalprotection.org/world/help-advice/counselling-service>

<https://www.project5.org/>

<https://www.england.nhs.uk/wp-content/uploads/2016/11/whistleblowing-guidance.pdf>

<https://www.e-lfh.org.uk/programmes/freedom-to-speak-up/>

### Self-help support and mental health

<https://bemindful.co.uk>

<https://www.headspace.com>

<https://www.rcpsych.ac.uk/mental-health>

<https://www.amazon.co.uk/Mindfulness-practical-guide-finding-frantic/dp/074995308X>

[https://www.amazon.co.uk/Mindfulness-Health-practical-relieving-restoring/dp/074995924X/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=&sr=](https://www.amazon.co.uk/Mindfulness-Health-practical-relieving-restoring/dp/074995924X/ref=tmm_pap_swatch_0?encoding=UTF8&qid=&sr=)

[http://www.gpappraisals.uk/uploads/4/5/8/5/4585426/covid19\\_mindfulness\\_resources\\_for\\_health\\_care\\_staff\\_-\\_27\\_march\\_20.pdf](http://www.gpappraisals.uk/uploads/4/5/8/5/4585426/covid19_mindfulness_resources_for_health_care_staff_-_27_march_20.pdf)

<https://l1t1f.com>

<https://www.stayingsafe.net/>

<https://heeo.e.hee.nhs.uk/sites/default/files/pearl-emotional-and-psychological-wellbeing2-edited.pdf>

[Managing your mental health during the Coronavirus outbreak \(rethink.org\)](#)

[9793 Nuffield-Health Emotional-Wellbeing Information-for-employees-HiRes....pdf \(mentalhealthatwork.org.uk\)](#)

<https://thiswayup.org.au/coping-and-resilience-tools/>

[FAQ - Campaign Against Living Miserably \(thecalmzone.net\)](#)

[The Leapers Little Guide to... Working Well during Lockdown: Winter Edition - Leapers](#)

## Financial help

<https://www.cameronfund.org.uk>

<http://www.royalmedicalfoundation.org>

<https://www.doctorshelp.org.uk/>

<https://rmbf.org>

<https://www.medicsmoney.co.uk/>

[www.samf.org.uk](http://www.samf.org.uk)

## Help for GPs

<https://rmbf.org/get-help/help-for-doctors/doctoradvice-hub/the-vital-signs-in-primary-care/>

<https://www.bma.org.uk/what-we-do/local-medical-committees>

<https://people.nhs.uk/lookingafteryoutoo/>

<https://www.rcgp.org.uk/>

<https://people.nhs.uk/lookingafteryoutoo/>