**Getting Help**

All doctors struggle from time to time and working out what to do to help yourself can be a minefield. Here are a variety of ways to find help you find your balance again – firstly, and most importantly

**Should you be at work?**

Are you sleeping well and thinking clearly enough to be safe making clinical decisions. Don’t use work as a distraction from your distress – you need a clear head to do clinical work whether you are a foundation doctor or a senior consultant.

When things seem overwhelming people often forget the sources of help that already exist. Here are a few well known ways to get help. Firstly, you can call in sick and self certify for a week whilst you get yourself some help and work out what to do next. Do speak to your Care Group Clinical Lead if you can during this time. There are many ways to get help – there will be a way that suits you and your needs.

**All staff @UHS**

**StaffLine** (via Switchboard) is staffed by UHS psychologists 12.30 to 2.30 pm weekdays. Speak then or get a call back. Help for you, or your team. You can contact them by email too on **uhs.staffline@nhs.net** – they can help you settle yourself down, feel more stable and find a way forward.

**Occupational Health** – request an appointment with one of the OH doctors at UHS. OH is a confidential service that will help to advise and support you if you are having difficulties ext 4156 reception

email: occupationalhealth@uhs.nhs.uk

**The Chaplaincy** @uhs is available on site and 24/7 to listen and support you; contact them via switchboard or on ext 8517 – for any faith, or no faith, everyone welcome.

**TRiM** Trauma risk management – colleagues trained to support after psychological trauma – contact also via switchboard or email **TRIM@uhs.nhs.uk**

**Employee Assistance Programme -** A broad range of support services including on-line help and access to free counselling. Freephone 0800 243 458.

Website: [www.workplaceoption.com](http://www.workplaceoption.com) (user name uhs, password employee)

**Samaritans** - Samaritans tel: 116 123 there are loads of ways to get in touch with them <https://www.samaritans.org/>

**Doctors @ UHS**

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| **Trainees and Fellows @UHS**Educational SupervisorProgramme DirectorMedical Education OfficeDeanery PSUDirector of Medical Education – divisional or leadLead RegistrarDoctors Mess | **Consultants and SAS doctors @UHS**PeersCare Group or Clinical LeadDCDSenior Staffs Committee – wise “men”BMA repsDDU– Doctors Development Unit provide a confidential place to help talk through your situation and help you find a way forward. DDU@uhs.nhs.uk |

**External help for all doctors**

**GP** – arrange to speak to your GP.

**NHS Health Programme**

An award winning, free and confidential NHS service for doctors and dentists with issues relating to a mental health concern or addiction problem, in particular where these might affect their work. <https://www.practitionerhealth.nhs.uk/>Tel: 020 3049 4504 Email: Prac.Health@nhs.net

**BMA**

Confidential 24/7 counselling and peer support services open to all doctors and medical students on 0330 123 1245. There is always someone you can talk to.

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

**DocHealth** - a confidential, not for profit service giving doctors an opportunity to explore difficulties, both professional and personal, with senior clinicians. This service is delivered by Consultant Medical Psychotherapists based at BMA House in London. <https://www.dochealth.org.uk/> Tel: 020 7383 6533 Email: enquiries@dochealth.org.uk

**The Doctors’ Support Network** – offers online peer support and sign-posting for doctors and medical students with mental health concerns <https://www.dsn.org.uk/>

**Sick Doctors Trust**

Provide early intervention and treatment for doctors suffering from addiction to alcohol or other drugs [http://www.sick-doctors-trust.co.uk](http://www.sick-doctors-trust.co.uk/) tel. 0370 444 5163

**Colleges** – many colleges provide support programmes for members e.g

**RCS** [Royal College of Surgeons Confidential Support and Advice for Surgeons (CSAS)](https://www.rcseng.ac.uk/careers-in-surgery/csas/)– Offers a confidential telephone line as a point of personal contact between surgeons, which is intended to offer a listening ear and will act as an informed signpost to appropriate sources of advice and support.

**Intensive Care Society** wellbeing hub - <https://www.ics.ac.uk/>

**Other external help**

 **Trauma response Network – free support and therapy for NHS staff** <https://www.traumaresponsenetwork.org/>

**Lighthouse virtual service**. Informal out-of-hours mental health service for adults https://www.southernhealth.nhs.uk/locations/thelighthouse/ or text ‘lighthouse’ and your postcode (e.g. LIGHTHOUSE SO14 0YG) to the Mind text line number **(07451276010)** from 4.30pm and 12am.

**The NHS** website [people.nhs.uk](https://people.nhs.uk/)  provides resources for teams as well as individuals – you can download to your phone home page to use as an App. There are free apps there for relaxation and mindfulness, sleep, anxiety and mental health

**Project 5** **–** <https://www.project5.org/> anot-for-profit organisation that provides a unique service to NHS staff. They deliver access to structured and highly skilled wellbeing support that is designed to enable success at work, through activating the strengths of people to achieve balance and connectedness to their purpose at work. They help when people find work hard. They are not a mental health organisation.

**Career Coaching/Guidance for doctors (not free)**

**Medical Forum** <https://www.medicalforum.com/> is a local medical careers company for 30 years, based in Hampshire. Are you having to review your career due to health issues, burn out, or another change in your situation?

**Medical Success** <http://medicalsuccess.net/careers-advice/> The gateway into non-traditional careers for doctors, inside and outside of medicine.   Offers the chance to explore

**Medic Footprints** https://medicfootprints.org/about/

We are a doctor-led organisation focused on supporting the career and lifestyle needs of medics

**More free coaching, therapy, counselling, support and more for doctors**

**Care for Carers** is run by Ruth Tarrant, one of our consultant oncologists at UHS. You can find info re Care for Carers  <https://www.careforcarers.support/>

**Ashridge** have offered free coaching – find out more at <https://efcom.force.com/NHSCoaching/s/>  They look pretty high powered coaches – worth a look, especially if you are thinking maybe you need a change of direction?

**The Kairos Project** The offer of free coaching by an international team of coaches used to working with 3rd sector organisations– see more at the Kairos Project ([www.thekairosproject.com](http://www.thekairosproject.com/)).

Also several local or regional sites/organisations set up for doctors offering various sorts of support and resources

**Acacia Retreats** – run by 2 local doctors <https://acaciaretreat.org>

**Joyful Doctor** <https://www.joyfuldoctor.com/page/176434-dr-samantha-powell-coaching>

**First You** <https://firstyou.org/resources/>​

**Ratford Retreat Centre** <https://ratfordretreatcentre.co.uk/>