

How do I access Take Time

If you would like to book an appointment with the Take Time team, please click on the HEEYH learner support page link, from which you can access the self-referral form:

www.yorksandhumberdeanery.nhs.uk/learner_support.

Once the form has been received, a member of the team will endeavour to contact you via email within the following seven days. Please check your spam/junk email if sending from a personal email address.

Please be aware, Take Time is not a crisis service. We operate on a 9-5 basis where referrals may not be read immediately. If you have any immediate concerns about your mental health and the safety of yourself or others, please contact your GP in the first instance. If this is outside of working hours, contact out of hours GP services, 111, your local crisis service or 999 in an emergency.

Of note, HEEYH is aware of the importance of maintaining individuals' mental and physical health and therefore is supportive of doctors and dentists being released to attend the Take Time appointments.

This Leeds based service is funded by Health Education England, Yorkshire and Humber. The service is a collaboration between Leeds and York Partnership NHS Foundation Trust and the University of Leeds Student Counselling and Wellbeing Service.

Feedback from doctors and dentists who have used Take Time

“It provided me with a safe space for discussing personal issues and my concerns without being worried of potential repercussions”

“Brilliant service, I'm not sure I would still be in training without it”

“Very supportive, kind and understanding staff. Well run and organised”

Would you like this information in an alternative format?
For a translation of this document, an interpreter, a sign language interpretation or a version in:



or



or



or



please contact the Interpretation and Translation Support Team on 0113 85 56418/9 or translation2.lypft@nhs.net



UNIVERSITY OF LEEDS



Leeds and York Partnership
NHS Foundation Trust

Take Time

A free and confidential Psychological Service for Doctors and Dentists in Training on behalf of Health Education England working across Yorkshire and the Humber



What is Take Time?

Medicine and dentistry are challenging professions which can often push us to our limits. Doctors and dentists are first and foremost human beings prior to training; however, this fact can often be forgotten. Understandably we can all be impacted by our jobs and the patients we care for on a daily basis. Furthermore, it is not possible to completely separate our professional from our personal lives which can then have a potential knock-on effect on our respective work/life balance. Whatever these effects might be on our minds and bodies, Take Time offers doctors and dentists in training, a space and an opportunity to explore their difficulties; professional and/or personal in a safe and confidential manner with a trained therapist. The list of difficulties (although not exhaustive) may include:

- Anxiety
- Depression
- Burn out
- Issues around work/life balance
- Interpersonal difficulties at work and at home
- Adjustment difficulties
- Examination stress
- Inquiry/clinical incident stress
- Trauma (past or present)
- Bereavement/loss
- Any other issues that may cause emotional distress

How does Take Time work?

All of our psychotherapeutic work is brief with a focus on gaining a deeper understanding with the aim to help you attend to yourself and experience less psychological distress.

Take Time offers up to two initial assessments appointments to gather further insights of you, your difficulties and your ongoing psychological needs. After a collaborative discussion between you and your therapist, further therapy sessions can be offered if thought to be helpful. This is usually up to four sessions

Interventions vary depending on the therapeutic approach of the clinician, however they are always tailored to the individual in the context of a supportive relationship.

Who will I see?

Take Time is a service offering a variety of psychological approaches including (but not exclusive to)

- Psychoanalytical psychotherapy
- Integrated counselling
- Cognitive Behavioural Psychotherapy
- Acceptance and Commitment Therapy
- Trauma focussed therapy (such as brief EMDR for single event trauma)

Our team is comprised of:

- Highly qualified and experienced clinicians in the area of mental health and psychological wellbeing in relation to occupation
- A combination of medical and non-medical staff allowing for a valuable multi-disciplinary approach

The team

Dr Vikram Luthra

Consultant Psychiatrist in Medical Psychotherapy (LYPFT) and Psychoanalyst

Dr Anuradha Menon

Consultant Psychiatrist in Medical Psychotherapy and Liaison Psychiatry (LYPFT) and Psychoanalyst

Ms Karen Wells

Senior Cognitive Behavioural Psychotherapist

Ms Madeleine Robinson

Senior Counsellor

Each clinician

- Brings their own areas of expertise to provide a well-rounded service.
- Is registered and accredited by professional bodies in their own area of practice

Where is Take Time located?

The Take Time service is located at St Marys House, South Wing, and University of Leeds, 19-21 Clarendon Place.

We offer face to face appointments at the above locations and are also able to facilitate remote sessions based on individual need and therapeutic approach.

