Introduction

This document has been compiled as a source of support for doctors to help them to look after their well-being. There are many resources available but anecdotally rotating doctors are often unaware of them or how to access support. This list will not be exhaustive and there has been no deliberate inclusion or exclusion of resources. If there are any suggestions for additions, please get in touch!

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If you are using this document please give a couple of minutes to provide feedback by clicking the link and answering three questions:

SURVEY
Global resources for doctors

Tea and Empathy
An online forum community of health practitioners who provide support. Search Facebook or Twitter for Tea and Empathy.

BMA Counselling and advice service
24 hour a day confidential help line run by counsellors
Offers up to 6 structured telephone or video counselling sessions

BMA Doctors advise service
Telephone access to speak to a doctor about distress or difficulty. You will be given details and availability of a doctor to telephone. They do not do crisis response or offer diagnosis or treatment.

BMA well-being page
https://www.bma.org.uk/advice/work-life-support/your-wellbeing

DocHealth
http://www.dochealth.org.uk/where-we-can-help
A not for profit service offering psychotherapeutic intervention to doctors across the UK. The service is based in London, but after an initial consultation, appointments can be carried out via Skype or Facetime. They offer up to six sessions of 1 to 1 support by a consultant psychiatrist. The service is costed based on grade. At the time of writing a consultation for a trainee of any grade is free with follow up sessions costing £50 each. At the time of writing a consultation for a GP or consultant is £50 with follow up sessions costing £90 each.

Doctors Support Network
http://www.dsn.org.uk/
A charity run by volunteers which provides a peer support network for doctors and medical students with mental health problems including stress, burnout, anxiety, depression, psychosis and eating disorder. Free service which relies on donations. They have an online forum, events and online articles available.

Developing people
for health and healthcare
www.hee.nhs.uk
Medical Forum
http://www.medicalforum.com/
A website with a focus on medical career planning which also covers burnout and exercises to consider our work life balance.

GP Health Service
http://gphealth.nhs.uk/
Confidential service for GPs or GP trainees which provides mental health support, including stress, depression and addiction. Does not provide secondary care level mental health support. Accessed via email or telephone.

HOPE
http://www.hope4medics.co.uk/homepage.php
A website for doctors with disability or chronic health conditions.

NHS Practitioner Health Programme
http://php.nhs.uk/
A service for doctors and dentists with physical or mental health problems. Accessed via telephone. However, this is a London based service which requires payment for out of London doctors or trainees.

The Louise Tebboth Foundation
http://www.louisetebboth.org.uk/
A website which aims to support doctor well-being and families of doctors who are bereaved due to death by suicide.

In Health Education England across Yorkshire and Humber

Human Factors
Enhancing human factors one day inter-professional staff training
- facilitated by the Faculty of Human Factors
- available in Sheffield and Leeds
- can book onto course independently via online site
- do accept bookings from doctors of all grades

https://www.yorksandhumberdeanery.nhs.uk/learner_support/generic_skills_courses
Coaching
Four funded sessions available
Coaches are available across Y&H to support trainees. This service is appropriate for all trainees.
http://www.yorksandhumberdeanery.nhs.uk/education/coaching/faqs/

Trainee Support Services
Take Time
A Leeds based psychological service for doctors which accepts trainees from across Yorkshire and the Humber.
Self referral

Workplace Well-being
A Sheffield based counselling service for doctors.
Self referral

https://www.yorksandhumberdeanery.nhs.uk/learner_support

Trust resources
In order to access trust based resources it is advisable to contact occupational health or look on the trust intranet/course booking system. The below list does not include all trusts, the lists given are not exhaustive and available resources are likely to change regularly. Please see these lists as possible available resources.

SOUTH YORKSHIRE
Sheffield Health and Social Care Trust
Sheffield Health and Social Care Trust offer:

- Alcohol Support through START services
- Chaplaincy Service - chaplains@shsc.nhs.uk
- Employee Physiotherapy Service - physiotherapyreferral@shsc.nhs.uk
- Mental health and wellbeing support through IAPT Service
- Schwartz Rounds – contact Diane Crooke
- Smoking Cessation advice - smokefree@shsc.nhs.uk
- Staff Mental Health Support Group
- BME support
- Coaching Service
- Physical health initiatives e.g. bootcamp, running groups, body balance
- Mindfulness sessions available
Sheffield Teaching Hospitals Trust
Access the Health and Well-being Intranet page on a trust computer. Sheffield Teaching hospitals offer:

- Employee Psychological support service (EPSS)
- Staff physiotherapy service
- Health checks in occupational health
- Free access to the headspace app for all staff (contact staffengagement@sth.nhs.uk)
- Mindfulness sessions run by the chaplains
- Financial wellbeing support through Sheffield Credit union
- Staff benefits at some local gyms
- Bikes on salary sacrifice
- Salary sacrifice for child care fees.
- Introduction to personal resilience talks – i.e tips to help staff look after themselves
- Preparing for retirement talks (enrol on ESR)
- Alcohol and drug support
- Sleep hygiene advice
- Chaplaincy service

Rotherham NHS Foundation Trust
Rotherham NHS Foundation Trust offer:

- Mindfulness sessions weekly in the hospital library
- One day mindfulness compassion course
- Cycle to work scheme
- Staff exercise classes such as Zumba and Yoga
- Intermittent staff financial well-being sessions
- Courses such as anxiety management, self-esteem, self-care and mindfulness.

Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust
Doncaster and Bassetlaw Teaching Hospitals NHS Foundation Trust offer:

- A health and well-being policy for staff
- A health and wellbeing service
- A health and wellbeing library
- Offer specific training to staff on conflict resolution, dealing with violence and aggression and dealing with difficult phone calls.
HELP Health and Wellbeing Service
A unique web based and mobile app health management resource
Self-referral.
www.dbh.wellbeingzone.co.uk– sign up and enter code: DBH1
Contact Details 0800 028 8761
www.dbh.helpeap.com

Doncaster Health and Well-being Library
A library of books helpful for health and well-being
At Doncaster Royal Infirmary
https://www.dbth.nhs.uk/services/library-services/health-wellbeing-library-services/

Rotherham Doncaster and South Humber NHS Foundation Trust (RDASH)
Training opportunities available:
https://www.rdash.nhs.uk/about-us/work-for-us/why-work-for-us/professional-support-for-you/

Barnsley Hospital NHS Foundation Trust
Barnsley Hospital NHS Foundation Trust offer:
- Occupational Health Department including occupational health nurses and counsellors trained in stress management and PTSD.
- EMDR available (for PTSD)
- Workplace meditation

http://www.barnsleyhospital.nhs.uk/health-professionals/occupational-health/

WEST YORKSHIRE
Leeds Teaching Hospitals NHS Trust
Leeds Teaching Hospitals NHS Trust offer:
- Employee Assistant Programme (24/7 counselling) 0800174319
- LTHT Wellbeing Zone www.ltht.wellbeingzone.co.uk
- Staff counselling via self referral on occupational health page of intranet or calling 01132065515
- Physiotherapy via occupational health page of intranet
- Podiatry services via telephone ext 64375 or 65524
- Gym on site available at reduce rates (leedsth-tr.healthandfitness@nhs.net)
- Health Trainer on site each Wednesday at St James Hospital
  (Saskia.fisher@healthforall.org.uk)
- Staff wellbeing team care.services@nhs.net or 0113 206 4060

Developing people for health and healthcare
www.hee.nhs.uk
South West Yorkshire Partnership NHS Foundation Trust
They offer:
- Occupational health service, including fast track physiotherapy and support for work related stress
- Staff retreats
- Urban retreats (one day including mindfulness)
- Mindfulness lunch time sessions
- Trust confidential staff counselling service available by self-referral.

They will soon be offering:
- 1/2 day improving resilience course

Mid Yorks NHS Trust
Mid Yorks NHS Trust offer:
- Schwartz Round
- Trust well-being service (contact occupational health)
- A “Tell Sarah” email process for reporting on good and bad aspects of the job.
- A Consultant led mentorship scheme with mentors available to trainees (contact Andrew Jackson)

NYEC
Hull and East Yorkshire Hospitals NHS Trust
Developing resilience (replacing I’m not stressed)
1 day face to face course
Available to all staff
Self-enrol via hey247 portal

Meditation
1 or 2 hour lunch time session
At Hull Royal Infirmary or Castle Hill hospital Hull
Available to all staff
Self-enrol via hey247 portal

Mindfulness based stress reduction (MBSR)
8 week online course
Requires attendance at 1 face to face session of 2-4 hours
Available at Hull Royal Infirmary or Castle Hill hospital Hull
Self-enrol via hey247 portal

Developing people for health and healthcare
www.hee.nhs.uk
Royal College Resources
Royal College of Psychiatry
Psychiatric Support Service
https://www.rcpsych.ac.uk/members/psychiatristssupportservice.aspx
A free service for psychiatrists of all grade accessed via telephone in office hours.

Royal College of Physicians
Mentor service
https://www.rcplondon.ac.uk/education-practice/advice/want-be-mentored
A free mentor service for members of the Royal College of Physicians

Royal College of Surgeons
Surgeon to surgeon helpline
https://www.rcseng.ac.uk/careers-in-surgery/csas/surgeon-to-surgeon-helpline/
A free point of contact with another surgical colleague who can provide advice or signposting.

Royal College of Obstetrics and Gynaecology
Assertiveness at work
RCOG have produced guidance for trainees relating to undermining/bullying in the workplace. This is relevant to all trainees.

Advice for working during pregnancy
RCOG have produced guidance for trainees working while pregnant. This is relevant to all trainees.
School based Resources
Anaesthetics
Sheffield Committee of Anaesthetists in Training
Provide social and educational welfare
https://sites.google.com/site/northtrentcat/

Paediatrics
M-PATHY Mentoring service in Leeds offers mentors for paediatric trainees working in paediatrics via the junior doctor forum.

Offer Resilience training day for all ST1 and as an optional course for higher trainees

Public Health
Provide a buddy system for new registrars
Global resources

IAPT (Improving access to psychological therapies)
Each area will have an IAPT service or similar. Below are details of services in Leeds, Sheffield and Hull and examples of the type of support they can offer. To get details of other local services simply google ‘area name’ followed by IAPT, e.g. Barnsley IAPT. IAPT is available, often via self referral, across the region for all (not just health care staff).

IAPT Sheffield
Self Help resources
http://iaptsheffield.shsc.nhs.uk/how-can-i-access-self-help/
Access via the webpage
Includes stress management and poor sleep booklets

Stress Control Course
6 session course, each session 1.5 hours, can self register online via IAPT website

SilverCloud health
An online therapy programme designed to help with stress, anxiety, low mood and depression. Self-referral via telephone. Must have a telephone appointment with an IAPT worker to ensure this is suitable.

IAPT Leeds
Online resources
https://www.leedscommunityhealthcare.nhs.uk/iapt/resources/
Including relaxation exercises such as abdominal breathing and muscle relaxation.

Stress control course
A 2 hour class to learn about stress and coping strategies

SilverCloud health
An online therapy programme designed to help with stress, anxiety, low mood and depression. Self-referral via telephone

Lets Talk Hull
Stress control group
http://www.letstalkhull.org.uk/pages/stress-control
4 week psychoeducation course
Self referral via telephone or email

Developing people for health and healthcare
www.hee.nhs.uk
Assessment appointment
http://www.letstalkhull.org.uk/
Can self refer for an appointment which will direct you to various services in the region i.e. bereavement support, CBT, sleep advice etc.

**Self Help Online Resource bank**
Northumberland, Tyne and Wear NHS Foundation Trust offer free self help resources for the following:
- Controlling anger
- Depression and low mood
- Social Anxiety
- Sleeping problems
- Stress
- Depression and low mood: a guide for partners
- Domestic violence
- Eating disorders
- Food for thought
- Health anxiety
- Panic
- Self Harm
- Obsessions and compulsions
- Hearing voices and disturbing beliefs
- Post traumatic stress disorder
- Postnatal depression

Available via www.ntw.nhs.uk/selfhelp

**Cruise bereavement Services**
https://www.cruse.org.uk/
0808 808 1677
National Charity providing bereavement support
They have a helpline, online information and face to face services with local branches across Yorkshire and Humber.

**E-Learning resources**
E-Learning via HEE
Building assertiveness in the workplace (30 - 60 minutes)
http://www.nwyhelearning.nhs.uk/elearning/yorksandhumber/shared/Assertiveness/P REVIEW/a001_introduction_instructions.html
Managing Stress in the Workplace (30 - 60 minutes)

RCGP Well-being
http://elearning.rcgp.org.uk/course/info.php?id=133
An e-learning resource produced by the Royal college of GP for all healthcare professionals which covers stress, alcohol, nutrition, exercise and substance misuse.

Addiction resources
Alcoholics Anonymous
https://www.alcoholics-anonymous.org.uk/
Free support service

British Doctors and Dentists Group
http://www.bddg.org/
A free support service for doctors and dentists with addiction, and their families.

Cocaine Anonymous
http://www.cauk.org.uk/index.asp
Free support service

International Doctors in Alcoholics Anonymous
https://www.idaa.org/
A free support service for doctors with alcohol addiction, and their families

Medical Council on Alcohol
http://www.m-c-a.org.uk/Home/home
An independent charity of health professionals from all medical specialties dedicated to improving the understanding and management of alcohol-related health harm.

Sick Doctors Trust
http://sick-doctors-trust.co.uk/
A service for doctors with alcohol or drug addiction which is accessed via helpline (0370 444 5163).
Financial resources
Tax relief on exams and training costs
The RCOG have produced guidance and example documents for claiming tax.

BMA Charities
https://www.bma.org.uk/about-us/who-we-are/bma-charities
Two funds for supporting medical professionals in financial difficulty.

Help me, I’m a doctor!
https://www.doctorshelp.org.uk/
Financial support for doctors

Royal Medical Benevolent fund
http://www.rmbf.org/health-and-wellbeing/
Has a health and well-being area on the website which includes information on careers, finances, practical help (i.e. moving home), education and health.

Royal Medical Foundation
http://www.royalmedicalfoundation.org/
Support for doctors and their dependants.

The Cameron Fund
http://www.cameronfund.org.uk/
A financial support fund specifically for GPs and their families.

Career Resources

Health Careers
https://www.healthcareers.nhs.uk/
Information about the range of careers available in healthcare.

Medical Forum
http://www.medicalforum.com/
An independent career support service for doctors and dentists.

Royal Colleges
Many specialities have career guidance via their royal college.
**Mindfulness Resources**

E-Learning for Healthcare
[https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/](https://www.e-lfh.org.uk/programmes/introduction-to-mindfulness/)
Introduction to Mindfulness.

Bangor centre for mindfulness
[https://www.bangor.ac.uk/mindfulness/audio/index.php.en](https://www.bangor.ac.uk/mindfulness/audio/index.php.en)
Free web access guided mindfulness sessions

**Mobile Applications**

Virtual Hopebox
Includes distraction techniques, inspirational quotes, relaxation clips and anxiety management
Free

SAM app
Anxiety management app
Free

Medisafe
A medication reminder app which can support doctors to look after their physical health while working long or erratic shift patterns.

Superbetter
A game based application developed to build resilience by boosting physical and emotional wellbeing. It allows you to input and track personal goals.

10% Happier
Mindfulness meditation app and online podcast series

**Reading resources**

The Happiness Trap by Russ Harris
The Resilience Factor by Karen Reivich
Time to Think by Nancy Kline
Chimp Management by Steve Peters

[Developing people for health and healthcare](https://www.hee.nhs.uk)
This document has been compiled as a resource for signposting support services to doctors. It has been produced by the foundation school. If you have any suggestions for improvement or addition to this resource, please contact foundation.yh@hee.nhs.uk

Your feedback would be appreciated; please complete this 3 question SURVEY!
https://www.surveymonkey.co.uk/r/NFSZWRJ