

## Palliative Medicine - Wellbeing and Support Resources

We all need help and support sometimes, and the Covid 19 pandemic has been a challenging time. Your supervisor, local training lead or training programme director are always available to speak with. The occupational health department and your GP are also there to offer support and guidance.

If you wish to contact someone outside of your workplace then many national support services are available for you to access if you wish.

Some examples can be found below.

Organisation	Website	Email	Telephone	Membership/fees	Description of Service
<b>Counselling Services</b>					
BMA Counselling	<a href="https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students">https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students</a>		0330 123 1245 (24 hours a day, 7 days a week)	Required - paid	BMA Counselling is staffed by professional counsellors. They are all members of the British Association for Counselling and Psychotherapy.
Doctor Advisor Service	<a href="https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing">https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/sources-of-support-for-your-wellbeing</a>		0330 123 1245 (ask to speak to a Doctor Advisor)	Required – paid (via BMA)	The Doctor Advisor service runs alongside BMA Counselling, giving doctors and medical students in distress or difficulty the choice of speaking in confidence to another doctor.
The Counselling Directory	<a href="https://www.counselling-directory.org.uk/">https://www.counselling-directory.org.uk/</a>		0333 325 2500	Not required, fees apply	Search facility to help find a counsellor in your area (non-medical specific)
UK Council for Psychotherapy	<a href="https://www.psychotherapy.org.uk/">https://www.psychotherapy.org.uk/</a>	info@ukcp.org.uk	020 7014 9955	Required, fees apply	Search facility to help find an accredited psychotherapist (non-medical specific)

<b>Consultation</b>					
NHS Practitioner Health Programme	<a href="http://www.php.nhs.uk">www.php.nhs.uk</a>	prac.health@nhs.net	Telephone: 0300 0303 300 Out-Of-Hours: 111	Registration required – free service	This is a free confidential service for doctors and dentists with issues relating to a mental or physical health concern or addiction problem, in particular where these might affect their work.
The Joyful Doctor	<a href="http://www.joyfuldoctor.com/">www.joyfuldoctor.com/</a>	teamjoy@joyfuldoctor.com	+44 (0)1932 922 100	Required – some fees apply	The Joyful Doctor was founded to transform the lives of doctors. To highlight the pressures, and mental health costs, of working in medicine, and to help struggling doctors to seek support. Resources include coaching, online courses, podcasts, private therapy etc.
DocHealth	<a href="http://www.dochealth.org.uk">www.dochealth.org.uk</a>	enquiries@dochealth.org.uk	020 7383 6533	Not required – fees apply	A confidential, face-to-face psychotherapeutic consultation service for all doctors. Fees are based on a sliding scale relating to your grade and circumstances. Provided in partnership by the BMA and RMBF.
NHS psychological therapies service (IAPT).	<a href="https://www.nhs.uk/service-search/find-a-psychological-therapies-service/">https://www.nhs.uk/service-search/find-a-psychological-therapies-service/</a>			Not required, free England only, requires GP registration	IAPT (Improving Access to Psychological Therapies) services offer NICE recommended therapies, such as cognitive behavioural therapy (CBT), for common problems involving stress, anxiety, and depression

Duty to Care	<a href="https://www.dutytocare.info/">https://www.dutytocare.info/</a>			Required, free	Wellbeing support via online consultation for NHS workers to go to for instant help and support when they need it most.
<b>Peer Support</b>					
Doctors Support Network	<a href="https://www.dsn.org.uk/">https://www.dsn.org.uk/</a>	info@dsn.org.uk		Required – free (donation suggested)	Peer support by qualified doctors offering a confidential anonymous service covering mental health, work problems, relationships, and anything else.
HowyoudoingNHS?	<a href="https://twitter.com/HowYouDoingNHS">Twitter.com/HowYouDoingNHS</a>			Required - free	Twitter account for doctors to share ideas, experiences, and messages of support.
Tea and Empathy	<a href="https://en-gb.facebook.com/">https://en-gb.facebook.com/</a>			Required, free	Facebook group providing non-judgmental, informal listening and emotional support
<b>Mental Health and Well-being</b>					
Staying Safe from Suicidal Thoughts	<a href="http://www.stayingsafe.net">www.stayingsafe.net</a>			Not required – free service	StayingSafe.net offers compassion, kindness, and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience. (Non-medic specific)
Samaritans	<a href="https://www.samaritans.org/">https://www.samaritans.org/</a>	jo@samaritans.org	116 123	Not required, free	Available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide (non-medic specific).

Mind	<a href="https://www.mind.org.uk/">https://www.mind.org.uk/</a>	info@mind.org.uk	0300 123 3393	Not required, free	Providing advice and support to anyone experiencing a mental health problem.
NHS Employers – wellbeing apps	<a href="https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff">https://www.nhsemployers.org/news/2020/03/free-access-to-wellbeing-apps-for-all-nhs-staff</a>			Required, free	Free access to mental health and wellbeing apps available until December 2020 – Unmind, Headspace, Sleepio and Daylight
NHS Live Well	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a>			Not required, free	Advice, tips, and tools to help you make the best choices about your health and wellbeing.
<b>Bereavement</b>					
Cruse Bereavement Care	<a href="https://www.cruse.org.uk/">https://www.cruse.org.uk/</a>	info@cruse.org.uk.	0808 808 1677	Not required, free	Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland, providing support for those suffering losses. (Non-medic specific)
<b>Financial</b>					
Royal Medical Benevolent Fund	<a href="http://www.rmbf.org">www.rmbf.org</a>	help@rmbf.org	020 8540 9194	Eligibility criteria apply – free advice	This is a leading charity for doctors, medical students, and their families. Providing financial support, money advice and information when it is most needed due to age, ill health, disability, or bereavement.