

Support Organisations for Health Professionals

Specific support for health professionals

<p>NHS Practitioner Health Programme: a free, confidential NHS primary care mental health and addiction service for health professionals. This service can help with a range of mental health conditions, including more severe illnesses such as bipolar disorder, personality disorders, psychosis and addiction problems.</p>	<p>https://www.practitionerhealth.nhs.uk</p> <p>Telephone: 0300 0303 300</p>
<p>Staff mental health and wellbeing hubs: provide confidential and free access to assessment and local evidence-based mental health services and support to health and social care staff, including access to talking therapy or counselling. It is separate and confidential from your organisation. You can self-refer or refer a colleague (with their consent).</p>	<p>NHS England » Staff mental health and wellbeing hubs</p>
<p>BMA counselling and peer support service: free and confidential 24/7 counselling and peer support services open to all doctors and medical students (regardless of BMA membership), plus their partners and dependants.</p>	<p>Counselling and peer support for doctors and medical students (bma.org.uk)</p> <p>Telephone: 0330 123 1245</p>
<p>Project 5: helping NHS staff manage personal stress and burnout. Offers 3 x FREE confidential psychological support or coaching sessions.</p>	<p>https://www.project5.org</p>
<p>DocHealth: confidential, not for profit, psychotherapeutic consultation service for all doctors. Fees are based on a sliding scale relating to the grade and circumstances of the doctor.</p>	<p>https://www.dochealth.org.uk</p> <p>Telephone: 020 7383 6533</p>
<p>Medical Women's Federation: offers advice and support to female doctors, including mentoring and coaching schemes, support around issues with maternity leave, less than, full-time training, non-training grade doctors.</p>	<p>Home - Medical Womens Federation</p> <p>Telephone: 020 7387 7765</p>

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Crisis Support

Shout: the UK's first 24/7 text service, free on all major mobile services, for anyone in crisis, anytime, anywhere. It's a place to go if you are struggling to cope and you need immediate help.	Text: NHSPH to 85258
Samaritans: 24 hr support service. Whatever you are going through, a Samaritan will face it with you. We are here 24 hours a day, 365 days a year.	https://www.samaritans.org/ Telephone 116123 Email: jo@samaritans.org

Support Groups

Tea and Empathy Facebook group: national, informal, peer-to-peer support network for all healthcare professionals in the NHS. The aim is to foster an atmosphere of kindness and support for anyone struggling, signposting on to further help if needed. It has certain closed groups for healthcare staff with specific problems, and regional groups which sometimes meet.	https://www.facebook.com/groups/1215686978446877/
Doctors' Support Network: confidential peer support network for doctors and medical students with concerns about their mental health, including online support forum.	https://www.dsn.org.uk
Doctors in Distress: offers support through confidential facilitated groups, giving an opportunity to give and receive support from peers.	https://doctors-in-distress.org.uk
Doctors' Support Group: aims to provide support and assistance to medical professionals facing suspension, exclusion, investigation of complaints and/or allegations of professional misconduct.	https://doctorsupportgroup.com/