

# Well-Being Resources

## A guide to resources for supporting doctors

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## Global resources for doctors

### BMA Counselling and advice service

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

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

### 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](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](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](mailto:chaplains@shsc.nhs.uk)
- Employee Physiotherapy Service - [physiotherapyreferral@shsc.nhs.uk](mailto:physiotherapyreferral@shsc.nhs.uk)
- Mental health and wellbeing support through IAPT Service
- Schwartz Rounds – contact Diane Crooke
- Smoking Cessation advice - [smokefree@shsc.nhs.uk](mailto: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

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### 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](mailto: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.

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### HELP Health and Wellbeing Service

A unique web based and mobile app health management resource

Self-referral.

[www.dbh.wellbeingzone.co.uk](http://www.dbh.wellbeingzone.co.uk)– sign up and enter code: DBH1

Contact Details 0800 028 8761

[www.dbh.helpeap.com](http://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

### 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

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### 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

Available for all staff

## **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

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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

<https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/advice-and-support-for-trainees/assertiveness-at-work-advice-for-trainees-on-dealing-with-undermining/>

RCOG have produced guidance for trainees relating to undermining/bullying in the workplace. This is relevant to all trainees.

Advice for working during pregnancy

<https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/advice-and-support-for-trainees/working-during-pregnancy-advice-for-trainees/>

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

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](http://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/PREVIEW/a001\\_introduction\\_instructions.html](http://www.nwyhelearning.nhs.uk/elearning/yorksandhumber/shared/Assertiveness/PREVIEW/a001_introduction_instructions.html)

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Managing Stress in the Workplace (30 - 60 minutes)

<https://www.nwyhelearning.nhs.uk/elearning/yorksandhumber/shared/ManagingStress/HTML/index.html>

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

<https://www.rcog.org.uk/en/careers-training/resources--support-for-trainees/useful-resources-for-trainees/tax-relief-on-exam-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.

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## **Mindfulness Resources**

E-Learning for Healthcare

<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>

Free web access guided mindfulness sessions

Headspace

Daily mindfulness app

10 minute guided meditations

Free sessions available

## **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.

## **Reading resources**

The Resilience Factor by Karen Reivich

Time to Think by Nancy Kline

Chimp Management by Steve Peters

Legacy by Autumn Kalquist

The Secret by Rhonda Byrne

The 7 Habits of Highly Effective People by Stephen Covey

S.U.M.O (shut up and move on) By Paul Mcgee

*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](mailto:foundation.yh@hee.nhs.uk)*

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