



Support Available to You

We provide a wide range of support from the moment members join the College to after they retire. The [RCPsych website](#) contains links to information and services to support you as a psychiatrist.

Psychiatrists' Support Service (PSS)

The [Psychiatrists' Support Service](#) is a free, confidential support and advice service for psychiatrists who find themselves in difficulty or in need of support. You can contact the support service during office hours, Monday to Friday, by calling the dedicated telephone helpline on 020 8618 4020 or by emailing in confidence at pss@rcpsych.ac.uk.

There are a number of [help sheets](#) provided by the Psychiatric Support Service covering a range of topics such as 'managing your career' and 'difficulties in the workplace'.

The Psychiatric Support Service also provides [signposting to other organisations who are able to provide support](#).

The Psychiatric Trainees' Committee (PTC)

The [Psychiatric Trainees' Committee](#) is a national community representing psychiatric trainees in the UK at RCPsych, the Academy of Medical Royal Colleges and British Medical Association. PTC supports psychiatric trainees throughout their training and drives improvements in the quality of training. You can get involved with the PTC by emailing PTCsupport@rcpsych.ac.uk.

The PTC, with support from the Wellbeing Committee, have published a wellbeing podcast series "[You Are Not Alone](#)". One of the episodes focuses on the early experiences of International Medical Graduates and how these experiences have shaped current roles.

Mentoring and Coaching

[Mentoring and coaching](#) plays a vital role in developing and supporting doctors, nurturing medical leaders and helping doctors to achieve their full potential. It can help you at any stage of your career.

In dealing with the ever changing NHS, mentoring is one of the tools used to build personal resilience.

Dr Janice Birtle, the Specialist Adviser for Mentoring is working to champion mentoring and coaching throughout the College, and to support the setting up of mentoring schemes and to develop mentor training.

Leadership and Management

RCPsych is working to embed a culture of [medical leadership](#) in mental health services, which will ultimately mean better care for patients. This work is led by the [Leadership and Management Committee](#), who have written a number of [leadership blogs](#) and developed a number of resources on [leadership development](#).

Revalidation

As a psychiatrist, you need to revalidate every five years to demonstrate your continuing fitness to practise. Revalidation supports you to develop your practice, drives improvements in clinical governance and gives your patients confidence that you're up to date.

RCPsych can support Members and Fellows through the revalidation process and have developed a number of [forms and guides](#) to assist with the process.

The [GMC website](#) has more information on revalidation for doctors, employers and the public .

Startwell/Startwell and Staywell

[Startwell](#) is a Consultant-led initiative for psychiatrists in their first five years as a Consultant or Locum Consultant.

Startwell focusses on six elements to support psychiatrists in their first consultant role with the intention to establish good habits in your career.

[Startwell and Staywell](#) is a framework for Specialty and Specialist (SAS) psychiatrists, to help them prepare for and address the challenges of starting their first SAS post or locum SAS assignment.



Get Involved with RCPsych

There are many opportunities for you to get involved with the work of the RCPsych through Faculties, Special Interest Groups, Devolved Nations and Divisions.

Faculties

[College faculties](#) represent the main specialties in psychiatry.

You can stay up to date, learn about networking opportunities and access key resources relating to each psychiatric specialty in the faculty sections of the website.



Special Interest Groups (SIGs)

The College has 15 [Special Interest Groups](#) (SIGs) which provide a forum for members to come together in a particular area of psychiatry. SIGs lead on key issues within psychiatry and mental health, such as diversity, marginalised groups and sustainability.

Each Special Interest Group has a Chair and an Executive Committee.

Devolved Nations

[Devolved Councils](#) in [Scotland](#), [Wales](#) and [Northern Ireland](#) provide support by taking forward the aims and objectives in each devolved nation of the UK, reflecting and addressing the differences in devolved law and services. Each Devolved Council has a Chair and an Executive Committee.

English Divisions

[Divisions](#) represent the College locally within England and can provide professional advice. College members may opt to be members of the Division in which they either live or work but they can only belong to one Division. Each Division has an elected Executive Committee, Chair, Vice-Chair and Financial Officer.



International Divisions

RCPsych international members are represented by six [international divisions](#) who engage with psychiatrists locally.

