

## Resources for wellbeing support

### Peer support

**Psychiatrists' Support Service** The Psychiatrists' Support Service (PSS) provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties. Our service is totally confidential and delivered by trained Peer Support Psychiatrists (College Members). There is also a peer support group for doctors affected by suicide. **0208 619 4020** [pss@rcpsych.ac.uk](mailto:pss@rcpsych.ac.uk)

### Support with your mental health

**NHS Practitioner Health** is a free, confidential NHS primary care mental health and addiction service. It specialises in treating healthcare professionals from all backgrounds. It is a self-referral system that can provide comprehensive assessments and treatment for a wide range of mental health and addiction issues  
<https://www.practitionerhealth.nhs.uk/> Telephone: **0300 0303 300**

**BMA counselling and peer support services** offers free and confidential 24/7 counselling and peer support line for all doctors and students. You do not have to be a BMA member to access this service 0330 123 1245.

**Doctors in Distress** is a charity that provides free, confidential, specialist-led spaces where healthcare workers can come together and share their experiences, talk and listen to others in a similar situation. You do not have to be unwell to access these  
<https://doctors-in-distress.org.uk/>

**You OK Doc?** is a charity that provides a free six-week huddle programme for doctors and medical students, facilitated by an accredited therapist. It is a space to talk about things that are often not discussed, challenges, the effects of being a doctor and how we juggle this with life outside of work. <https://youokaydoc.org.uk/huddle/>

**Doctors Support Network** is a self-help group for doctors with mental health concerns, including stress, burnout, anxiety, depression, bipolar affective disorder, psychoses and eating disorders. All doctors in the group have been troubled at some stage in their lives. There are regular meetings around the UK, a newsletter and an email forum.  
<https://www.dsn.org.uk/>

**Sick Doctors Trust** provides a service for actively addicted doctors that is structured to provide an early intervention programme. The trust facilitates treatment in appropriate centres, arranges funding for inpatient treatment and provides advocacy and representation when required <http://sick-doctors-trust.co.uk/>

**DocHealth** is a self-referral service available to all doctors, UK wide, and aims to provide confidential, specialist-led support for those suffering with stress-related depression or anxiety <https://www.dochealth.org.uk/>

### Support for Neurodiverse Doctors

**Autistic Doctors International** is a growing community of autistic doctors that offer support, advocacy, research and education. They have formulated a useful framework with some first steps for more inclusive practice <https://autisticdoctorsinternational.com/>

**Autism Coaching** is a coaching service for autistic individuals to help identify their needs, goals and what approaches may be helpful to support them. You do not need a diagnosis to access this service <https://autisticdoctorsinternational.com/>

### Support with a disability

**Disabled Doctors Network** supports the welfare, rights and inclusion of chronically ill and physically disabled doctors and medical students. It provides a wealth of useful information and resources as well as access to a support network of people who have experienced the challenges of working with a disability.

<https://www.disableddoctorsnetwork.com/>

### Support for finances

**The Royal Benevolent Fund** is a charity that provides a range of support for doctors, medical students and their families. They offer financial support, money advice and information and telephone support for people when they need it most <https://rmbf.org/>

**The Royal Medical Foundation** is a similar charity that offers financial support and assistance to doctors or their families who have little in the way of income or savings due to reduced circumstances, for example sickness, caring responsibilities or bereavement

<https://www.royalmedicalfoundation.org/>

### Employee Assistance Programme – Care First

When you are anxious or stressed about something personal or work-related it can be difficult to be your best at work or at home. That's why we offer the Employee Assistance Programme services to anyone working for the Trust.

Care First gives you, your partner and dependent family members a place to turn for support any time of day or night, 365 days a year. Support is available for whatever issues you might be facing, including work stress, depression, marriage and relationship issues, legal concerns, coping with change, parenting issues, financial problems and much more. <https://www.carefirst-lifestyle.co.uk/> 0800 174 319