
























## Resources

There are a number of support resources available, please see below.

Organisation	Contact Details/Link
<p><b>Alcoholics Anonymous:</b> a 12-step fellowship dedicated to helping anyone suffering because of their drinking.</p>	<p> 028 9036 1222   gso@alcoholicsanonymous.ie   <a href="http://www.alcoholicsanonymous.ie">www.alcoholicsanonymous.ie</a></p>
<p><b>Association of Anaesthetists:</b> is welcomed from members with regard to any professional or personal issue that requires support. Website provides information and resources to support members' wellbeing.</p>	<p> 0207 631 1650   info@aagbi.org  <a href="http://www.aagbi.org/professionals/welfare">www.aagbi.org/professionals/welfare</a></p>
<p><b>Aware - Living Life to the Full:</b> a programme to help you manage your feelings when you are stressed, worried or depressed. Learn simple practical skills to help you cope with life's challenges.</p>	<p>Apply via website at: <a href="http://aware-ni.org">Aware NI - Living Life to the Full (aware-ni.org)</a></p>
<p><b>British Medical Association (BMA) Charities:</b> Two charities that help all doctors, and their dependants, and medical students in times of financial crisis.            BMA Charities Trust Fund: Offers grants to doctors and medical students who are in financial difficulty.            The Dain Fund: The Fund helps with the education and support of doctors' children when there are financial problems in the family.</p>	<p> 0207 383 6142   info.bmacharities@bma.org.uk  <a href="https://bmacharities.org.uk/">https://bmacharities.org.uk/</a></p>
<p><b>BMA – Your wellbeing:</b> Services and information to support doctors and medical students. Includes a confidential counselling service and a peer support service that offers the choice of speaking in confidence to another doctor.</p>	<p> 0330 123 1245 (24 hours a day, 7 days a week)   wellbeingsupport@bma.org.uk  <a href="http://www.bma.org.uk/advice/work-life-support/your-wellbeing">www.bma.org.uk/advice/work-life-support/your-wellbeing</a></p>
<p><b>BMA Doctor Support Service:</b> Doctors who face General Medical Council (GMC) investigations or licence withdrawal have access to a confidential support service which offers emotional help from fellow doctors and functions independently of the GMC</p>	<p> 0207 383 6707   doctorsupportservice@bma.org.uk  <a href="http://www.bma.org.uk/advice/work-life-support/your-wellbeing/doctor-support-service">www.bma.org.uk/advice/work-life-support/your-wellbeing/doctor-support-service</a></p>
<p><b>British Dental Association:</b> The professional association for dentists who can provide access to sources of advice, guidance and help for managers and individuals experiencing stress, emotional distress or difficulties at work.</p>	<p> 0207 935 0875   enquiries@bda.org   advice.enquiries@bda.org  <a href="http://www.bda.org">www.bda.org</a></p>

<p><b>British Doctors' and Dentists' Group:</b> A mutual/self-help group of doctors and dentists who are recovering, or wish to recover, from addiction/dependency on alcohol and/or other drugs.</p>	<p>☎ 0785 912 5119  ✉ natsecretary@bddg.org  🌐 <a href="http://www.bddg.org">www.bddg.org</a></p>
<p><b>British Doctors' and Dentists' Families' Group:</b> An independent self-help group which offers help, support and recovery for all family members who are suffering, or have suffered, from the effects of a doctor's or dentist's alcohol or drug addiction.</p>	<p>☎ 0772 587 2866  ✉ familiesgroupnational@bddg.org  🌐 <a href="http://www.bddg.org/families-group-of-bddg/">www.bddg.org/families-group-of-bddg/</a></p>
<p><b>British International Doctors' Association:</b> Works to achieve equal treatment of all doctors and dentists working in the UK based on their competence and merit irrespective of race, gender, sexual orientation, religion, country of origin or school or graduation.</p>	<p>☎ 0161 456 7828  ✉ info@bidaonline.co.uk  🌐 <a href="http://www.bidaonline.co.uk">www.bidaonline.co.uk</a></p>
<p><b>The Cameron Fund:</b> A medical benevolent fund that supports current and retired GPs, as well as their families, in times of financial distress, whether through ill-health, disability, death or loss of employment.</p>	<p>☎ 0207 388 0796  ✉ info@cameronfund.org.uk  🌐 <a href="http://www.cameronfund.org.uk">www.cameronfund.org.uk</a></p>
<p><b>Cocaine Anonymous:</b> A fellowship of recovering addicts who maintain their individual sobriety by working with others.</p>	<p>☎ 0800 612 0225  ✉ helpline@cauk.org.uk  🌐 <a href="http://www.cocaineanonymous.org.uk">www.cocaineanonymous.org.uk</a></p>
<p><b>Cruse Bereavement Care:</b> A national charity for bereaved people in England, Wales and Northern Ireland, offering support, advice and information to children, young people and adults when someone dies.</p>	<p>☎ 0808 808 1677  ✉ info@cruse.org.uk  🌐 <a href="http://www.cruse.org.uk">www.cruse.org.uk</a></p>
<p><b>Dentists' Health Support Trust:</b> A registered charity with a national network of advisers providing dental professionals with free support and advice on health, alcohol and drugs issues.</p>	<p>☎ 0207 224 4671  ✉ dentistsprogramme@gmail.com  🌐 <a href="http://www.dentistshealthsupporttrust.org">www.dentistshealthsupporttrust.org</a></p>
<p><b>Dochealth:</b> A confidential, not for profit, psychotherapeutic consultation service for all doctors, helping them to explore professional and personal difficulties with senior clinicians (fee payable for doctors using the service).</p>	<p>☎ 0207 383 6533  ✉ enquiries@dochealth.org.uk  🌐 <a href="http://www.dochealth.org.uk">www.dochealth.org.uk</a></p>
<p><b>Doctors Support Network:</b> An independent, confidential, peer-support network for doctors and medical students with concerns about their mental health. Offers an online, confidential, anonymous support forum. Aims to improve wellbeing of doctors by safely connecting them with other medics with similar concerns.</p>	<p>Contact form on website  🌐 <a href="http://www.dsn.org.uk">www.dsn.org.uk</a></p>

<p><b>Extern Crisis Intervention Service:</b> 1 to 1 support for anyone with suicidal thoughts or anyone who has been impacted by suicide, provides access to complimentary therapies.</p>	<p>☎ Belfast Team: 0800 085 4808  ☎ Londonderry Team: 028 7126 2300  <a href="#">Extern Crisis Intervention Service</a></p>
<p><b>Extern Reach Out:</b> free 1 to 1 support for individuals whose lives have been impacted by substance or alcohol misuse, suicide, self-harm or mental health issues. Offers complimentary therapies and CBT.</p>	<p>07974 269587  <a href="mailto:reachout@extern.org">reachout@extern.org</a>  <a href="#">Extern Reach Out Project</a></p>
<p><b>Health for Health Professionals Wales:</b> A free counselling service for all doctors in Wales. Offers self-help, guided self-help, peer support and virtual face-to-face therapies with accredited specialists.</p>	<p>☎ 0800 058 2738  ✉ <a href="mailto:HHPCOVID19@cf.ac.uk">HHPCOVID19@cf.ac.uk</a>  🔗 Contact form on website  <a href="https://www.hhpwales.co.uk/">https://www.hhpwales.co.uk/</a></p>
<p><b>Medical Council on Alcohol (MCA):</b> An independent charity of health professionals from all medical specialties, dedicated to improving the understanding and management of alcohol-related health harm. Its activities include working with healthcare professionals to increase their understanding of the risks associated with their own alcohol consumption and measures to address these.</p>	<p>☎ 0207 487 4445 (Monday - Thursday 9:30am to 5:00pm)  ✉ <a href="mailto:ria.pearson@m-c-a.org.uk">ria.pearson@m-c-a.org.uk</a>  🔗 <a href="http://www.m-c-a.org.uk">www.m-c-a.org.uk</a></p>
<p><b>Medical Practitioners Tribunal Service:</b> Resources for doctors and representatives: information and guidance about hearings to help doctors, lawyers and medical defence organisations prepare for a hearing. Includes a doctor support service for confidential face-to-face support and a hearing information line for all doctors who have been referred to the MPTS for a tribunal hearing.</p>	<p>☎ 0161 923 6263  ✉ <a href="mailto:enquiries@mpmts-uk.org">enquiries@mpmts-uk.org</a>  🔗 <a href="http://www.mpts-uk.org/doctors-and-representatives">www.mpts-uk.org/doctors-and-representatives</a></p>
<p><b>Narcotics Anonymous:</b> A non-profit fellowship or society of men and women for whom drugs have become a major problem.</p>	<p>☎ 0300 999 1212  ☎ <a href="http://www.ukna.org">www.ukna.org</a></p>
<p><b>NHS Health Education England Learner Health and Wellbeing:</b> Collated links to practical resources to provider trainees and learners with information and tools to improve their own health and wellbeing.</p>	<p><a href="http://www.hee.nhs.uk/our-work/learner-health-wellbeing">www.hee.nhs.uk/our-work/learner-health-wellbeing</a></p>
<p><b>NHS Practitioner Health:</b> A free and confidential service based in London for doctors and dentists with issues relating to mental health condition or addiction problem, in particular where these might affect their work.</p>	<p>☎ 0300 030 3300  ☎ <a href="https://www.practitionerhealth.nhs.uk/">https://www.practitionerhealth.nhs.uk/</a></p>
<p><b>Psychiatrists' Support Service:</b> Provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-</p>	<p>☎ 0207 245 0412</p>

<p>related difficulties. The service is confidential and delivered by trained Doctor Advisor College members.</p>	
<p><b>Psychological helplines from Health and Social Care in Northern Ireland:</b> Local helplines for HSC Trusts are available to support healthcare staff across Northern Ireland.</p>	<p> Northern - 028 9441 3644   Southern - 028 3756 2600   Western - 028 7161 1281   Belfast - 028 9615 1888   South Eastern - 02892 501 332</p> <p><a href="https://www.publichealth.hscni.net/covid-19-coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and">https://www.publichealth.hscni.net/covid-19-coronavirus/guidance-hsc-staff-healthcare-workers-and-care-providers/staff-health-and</a></p>
<p><b>Relate NI:</b> relationship counselling and support provided across NI</p>	<p>028 9032 3454  office@relateni.org  <a href="#">Relate NI   Counselling Northern Ireland   Counselling Belfast</a></p>
<p><b>Royal College of General Practitioners - GP Wellbeing:</b> Advice, information on campaigns, events, courses and other resources.</p>	<p><b>Website resource only</b>  <a href="http://www.rcgp.org.uk/training-exams/practice/gp-wellbeing">www.rcgp.org.uk/training-exams/practice/gp-wellbeing</a></p>
<p><b>Royal College of Paediatrics and Child Health - Wellbeing for health professionals:</b> A range of resources including practical advice, real life experiences and guidance to support health professionals while they work.</p>	<p><b>Website resource only</b>  <a href="https://www.rcpch.ac.uk/key-topics/wellbeing-health-professionals">https://www.rcpch.ac.uk/key-topics/wellbeing-health-professionals</a></p>
<p><b>Royal College of Obstetricians &amp; Gynaecologists – Supporting our Doctors:</b> A range of advice, information, support mechanisms and links to other resources.</p>	<p>Peer to peer support service enquiry form  <a href="https://www.rcog.org.uk/en/careers-training/workplace-workforce-issues/supporting-our-doctors/">https://www.rcog.org.uk/en/careers-training/workplace-workforce-issues/supporting-our-doctors/</a></p>
<p><b>Royal College of Surgeons Confidential Support and Advice Service:</b> A confidential support and advice service for surgeons who are experiencing problems in their work or personal life. Provides signposting to resources and organisations that provide support and advice. The service also offers a surgeon-to-surgeon helpline.</p>	<p> 0207 869 6221  <a href="http://www.rcseng.ac.uk/Wellbeing-Support-and-Resources">Wellbeing Support and Resources — Royal College of Surgeons of England (rcseng.ac.uk)</a></p>
<p><b>Royal Medical Benevolent Fund:</b> Provides support for doctors and their families through all stages of their career and beyond. A 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.</p>	<p> 020 8540 9194   info@rmbf.org  <a href="http://www.rmbf.org/index.php">www.rmbf.org/index.php</a></p>
<p><b>Samaritans:</b> A charity dedicated to reducing feelings of isolation and disconnection that can lead to suicide.</p>	<p> 116 123</p>

	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Sick Doctors Trust:</b> Independent organisation providing support and help for doctors, dentists and medical students who are concerned about their use of alcohol or drugs.	 0370 444 5163 <a href="http://www.sick-doctors-trust.co.uk">www.sick-doctors-trust.co.uk</a>
<b>uHub (Belfast/Bangor):</b> counselling service with a multi-disciplinary approach to emotional health and wellbeing. Offers talking therapy and alternative therapies including sand therapy, art therapy, equine therapy, drama, music and yoga.	028 9188 8448 <a href="#">uHub – Counselling Service and Therapy Centre. Bangor, North Down.</a>
<b>UK Health Professionals with Hearing Loss:</b> Deaf and hard of hearing health professionals providing information and support.	<b>Website resource only</b> <a href="http://www.hphl.org.uk">www.hphl.org.uk</a>
<b>West Wellbeing Suicide Prevention:</b> Provides a range of services including suicide prevention, counselling, addictions counselling and alternative therapies.	 028 9062 4373 <a href="mailto:info@westwellbeing.co.uk">info@westwellbeing.co.uk</a> <a href="#">Home   West Wellbeing Suicide Prevention   Dunmurry   Belfast</a>

Subject	Resource
Careers	<p>Career Planning <a href="http://cmec.info/wp-content/uploads/2011/07/Roads-To-Success1.pdf">http://cmec.info/wp-content/uploads/2011/07/Roads-To-Success1.pdf</a></p> <p>Careers Outside Medicine using a Medical Degree <a href="https://www.healthcareers.nhs.uk/explore-roles/doctors/career-opportunities-doctors/alternative-roles-doctors">https://www.healthcareers.nhs.uk/explore-roles/doctors/career-opportunities-doctors/alternative-roles-doctors</a> <a href="http://careers.bmj.com/careers/advice/Moving_on_from_clinical_practice">http://careers.bmj.com/careers/advice/Moving_on_from_clinical_practice</a> <a href="#">Don't want to be a medic? Graduate careers outside medicine (targetjobs.co.uk)</a> <a href="https://medicfootprints.org/">https://medicfootprints.org/</a></p> <p>Career anchor, interests, skills and values in terms of alternative career options. <a href="https://www.careeranchoronline.com/SCA/about.do?open=prod">https://www.careeranchoronline.com/SCA/about.do?open=prod</a> <a href="https://www.how-to-change-careers.com/core-values-exercises/">https://www.how-to-change-careers.com/core-values-exercises/</a> <a href="https://www.prospects.ac.uk/">https://www.prospects.ac.uk/</a></p> <p>Careers Services <a href="http://www.qub.ac.uk/directorates/sgc/careers/">http://www.qub.ac.uk/directorates/sgc/careers/</a> <a href="https://www.nidirect.gov.uk/campaigns/careers">https://www.nidirect.gov.uk/campaigns/careers</a></p>

Coroners Investigations & Inquests	South Eastern Trust Guide: <a href="https://view.pagetiger.com/inquest-guide/1">https://view.pagetiger.com/inquest-guide/1</a> . Northern Trust Guide: <a href="https://view.pagetiger.com/nhsct-coroners-investigations-and-inquests/information">https://view.pagetiger.com/nhsct-coroners-investigations-and-inquests/information</a>
Health	BMA Burnout Questionnaire: <a href="http://www.bma.org.uk">Worried you may be burning out? (bma.org.uk)</a>
Exam	MRCS Part A courses: <a href="https://doctorsacademy.org/cardiff-MRCS">https://doctorsacademy.org/cardiff-MRCS</a> <a href="https://www.imperial.ac.uk/human-anatomy-unit/education-and-training/core-surgical-anatomy-programme/curriculum-overview/">https://www.imperial.ac.uk/human-anatomy-unit/education-and-training/core-surgical-anatomy-programme/curriculum-overview/</a> <a href="https://www.rcsed.ac.uk/events-courses">https://www.rcsed.ac.uk/events-courses</a>
Imposter Syndrome	<a href="https://www.youtube.com/watch?v=ZkwqZfvbDFw">https://www.youtube.com/watch?v=ZkwqZfvbDFw</a> Mike Cannon-Brookes: How you can use imposter syndrome to your benefit
Second Victim	<a href="http://www.mitsstools.org/tool-kit-for-staff-support-for-healthcare-organizations.html">http://www.mitsstools.org/tool-kit-for-staff-support-for-healthcare-organizations.html</a> <a href="http://www.bmj.com/content/350/bmj.h1982">http://www.bmj.com/content/350/bmj.h1982</a> <a href="https://archive.ahrq.gov/news/newsroom/commentaries/second-victim-syndrome.html">https://archive.ahrq.gov/news/newsroom/commentaries/second-victim-syndrome.html</a>
Wellbeing	When things seem to be out of control - Josh Hall's TEDx talk – The Illusion of Control: <a href="https://www.youtube.com/watch?v=2l62tHAn16U">https://www.youtube.com/watch?v=2l62tHAn16U</a>  Every Mind Matters: simple and practical advice to support a healthier mind and get more out of life, from how to deal with stress and anxiety, to boosting your mood or improve sleep. <a href="http://www.nhs.uk">Every Mind Matters - NHS (www.nhs.uk)</a>  Dr Kristin Neff: The Space Between Self-Esteem and Self Compassion TEDx <a href="https://www.youtube.com/watch?v=lvTZBUSplr4">https://www.youtube.com/watch?v=lvTZBUSplr4</a>  Dr Brené Brown: The power of vulnerability TEDx <a href="https://www.youtube.com/watch?v=X4Qm9cGRub0">https://www.youtube.com/watch?v=X4Qm9cGRub0</a>  Breathing exercises for stress: <a href="http://www.nhs.uk">Breathing exercises for stress - NHS (www.nhs.uk)</a>  Headspace meditation and mindfulness app aimed at improving wellbeing and decreasing stress: <a href="http://www.headspace.com">Meditation and Sleep Made Simple - Headspace</a>  Calm mindfulness and meditation app: <a href="http://www.calm.com">Calm - The #1 App for Meditation and Sleep</a>  Compassion fatigue <a href="https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue">https://www.psychologytoday.com/us/blog/high-octane-women/201407/are-you-suffering-compassion-fatigue</a>
Work-Life Balance	Tips on self-care - An accessible, free mini-resource that anyone can benefit from using, promoting an effective approach to living a more balanced life. <a href="http://www.connectingwithpeople.org/content/mhaw17">http://www.connectingwithpeople.org/content/mhaw17</a>
Working Under Pressure	Ted Talk: Dr Alan Watkins: 'Being brilliant every single day' <a href="https://www.youtube.com/watch?v=q06YIWCR2Js">https://www.youtube.com/watch?v=q06YIWCR2Js</a>

[https://www.youtube.com/watch?v=Q\\_fFattg8N0](https://www.youtube.com/watch?v=Q_fFattg8N0)

Civility Saves Lives [https://www.ted.com/talks/christine\\_porath\\_why\\_being\\_nice\\_to\\_your\\_coworkers\\_is\\_good\\_for\\_business](https://www.ted.com/talks/christine_porath_why_being_nice_to_your_coworkers_is_good_for_business)

How power silences truth

<https://www.youtube.com/watch?v=Sq475Us1KXg> Megan Reitz: How your power silences truth TEDx

Confidence and assertive behaviour (not the same as aggressive behaviour)

<https://thewomenscenter.webs.com/ASSERTIVE%20BEHAVIOR.pdf>

<https://www.liveyourtruestory.com/aspects-of-assertive-behaviour-communication/>

[https://www.ted.com/talks/amy\\_cuddy\\_your\\_body\\_language\\_shapes\\_who\\_you\\_are](https://www.ted.com/talks/amy_cuddy_your_body_language_shapes_who_you_are) Amy Cuddy: Your body language shapes who you are  
TEDx

<http://ed.ted.com/on/n4nfaYuo>, Steve Peters: Optimising the Performance of the Human Mind TEDEd and a book 'The Chimp Paradox' (ISBN 9780091935580)