

WELLBEING RESOURCES: Post ECHO Support

Check Yourself

- <https://www.rcplondon.ac.uk/projects/mental-health-and-wellbeing-knowing-yourself-better>
 - <https://www.mededwebs.com/well-being-index/physician-well-being-index>
 - <https://www.bma.org.uk/advice-and-support/your-wellbeing/self-help-questionnaires/worried-you-may-be-burning-out-drinking-too-much-or-nicotine-dependent>

Ideas For Relaxation

- Mindfulness
- Engage in something that brings you joy / sense of accomplishment

People

1. Peers and colleagues (sounding board / appreciation of same circumstances)
2. Seniors and consultants (supervisors who can help with those niggly doubts especially clinical)
3. Friends (to let off steam)
4. GP / Occupational Health

Avoid

- Ignoring your feelings
- Alcohol
- Taking things personally (we are all COVID fed up and PPE'd out and claustrophobic and lonely)
- Avoidant coping strategies

BMA

Counselling and Peer Support For Doctors

- Confidential
- 24/7
- Free (even for non members)
- Includes partners and dependents support also
- 0330123145
- <https://www.bma.org.uk/advice-and-support/your-wellbeing>

HEE Peer Support

- In recognition of the enormous benefit speaking to a peer can provide
- For Trainees
- Interested trainees should
 - contact peersupport.yh@hee.nhs.uk
 - stating they wish to access peer support.
 - They will be matched with a trained peer
- <https://www.yorksandhumberdeanery.nhs.uk/covid-19-hee-yh-information>

Practitioners Health Program

- <https://www.practitionerhealth.nhs.uk/accessing-the-service>
- Doctor specific
 - Run by Drs for Drs
- Free
- Do not need a GP referral
- They are a one top shop (service access / Medication / Follow up)
- Specifically for mental health or addiction problems
- Access
 - Please complete the online self referral form:
 - https://www.smartsurvey.co.uk/s/NHSPH_Self_Referral/
 - You will then be contacted to arrange a time for a short introductory call. We will then give you access to our smartphone app which will enable you to book an assessment appointment.
- Need Urgent Care
 - Practitioner Health have teamed up with SHOUT to create a confidential 24/7 text service for PH patients
 - Text NHSPH to 85258

Resources

- https://www.rcplondon.ac.uk/search?keys=wellbeing+&sort_by=search_api_relevance
 - <https://www.rcplondon.ac.uk/projects/mental-health-and-wellbeing-wider-rcp-resources>
- <https://secondvictim.co.uk>
- <https://anaesthetists.org/Home/Wellbeing-support/Mental-wellbeing/Managing-stress>
- <https://ics.ac.uk/ICS/Education/Wellbeing/ICS/Wellbeing.aspx?hkey=92348f51-a875-4d87-8ae4-245707878a5c>
- <https://www.aomrc.org.uk/covid-19-mentalwellbeing/>
- <http://www.aomrc.org.uk/supportfordoctors/>
- <https://emergency.cdc.gov/coping/responders.asp>
- <https://www.hee.nhs.uk/coronavirus-covid-19/wellbeing>
- https://covid.minded.org.uk/?utm_source=Twitter&utm_medium=social&utm_campaign=SocialSignIn&utm_content=%23COVID19
- <https://madeinheene.hee.nhs.uk/education2/>
- <https://www.gmc-uk.org/concerns/information-for-doctors-under-investigation/support-for-doctors/managing-your-health/support-resources>
- <https://www.youtube.com/watch?v=BJwd7AFhaDA&feature=youtu.be>
- <https://www.mentalhealthatwork.org.uk/ourfrontline/>