SOURCES OF ADVICE AND SUPPORT – Local

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| **Your registered GP** | GPs are sometimes reluctant to consult their own GP, especially if he or she  is a professional colleague (in particular for mental health or addiction problems). However, we know that doctors receive the best standard of care when they access mainstream services. Your GP will, of course, treat your problem in confidence and can arrange for you to be seen outwith your local area if necessary. |
| **NHS Lothian staff counselling service** | Access to a free confidential counselling service delivered by male and  female counsellors that are independent practitioners and members of the  BACP (British Association for Counselling and Psychotherapy)  Contact the Counselling Administrator on 0131 536 1135 |
| **NHS Lothian Occupational Health Service** | Lothian GPs may self refer to the Lothian Occupational Health Service for  advice on any health related problem that may be relevant your professional role  Call 0131 536 1135  Email [OHenquiries@nhslothian.scot.nhs.uk](mailto:OHenquiries@nhslothian.scot.nhs.uk) |
| **Lothian LMC** | The LMC represents GPs in the Doctors Support Scheme, jointly hosted with  Lothian Health Board. This group offers support to GPs who have identified themselves as struggling or have been referred with concern. There is also a Mentoring Programme operated through this group which offers GP to GP support  Call 0131 465 5670 or email lmc@nhslothian.scot.nhs.uk |
| **Covid Specific Helplines** | If you need information about general operational issues such as workforce guidance, testing, PPE or other general queries, and you can’t find what you are looking for on the [NHS Inform](https://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19) or [Health Protection Scotland](https://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/) websites, please call **0131 537 8530 (Ext 88530)** and the staff will try to help, alternatively there may be information available on the COVID-19 page on the intranet. Lines are open: Mon-Fri, 9am-5pm.  **Here for You** - If you are worried, anxious or stressed and need a listening ear from experienced clinicians please call our staff wellbeing helpline, Here For You.  This line can also help you with practical concerns such as financial advice or information on supporting an elderly or vulnerable relative.  **Call on: 0131 451 7445  Mon–Fri , 8am-6pm** If you can’t call between 8am and 6pm, please email your contact details to [Here4U@nhslothian.scot.nhs.uk](mailto:Here4U@nhslothian.scot.nhs.uk).  **Staff Listening Service-** The Staff Listening Service is currently a phone-based listening service for all NHS Lothian staff. No appointment is necessary. It offers a place to explore your thoughts and feelings in a non-judgemental and safe environment.  Whatever concerns you, the Staff Listening Service is there to offer confidential support from a member of the Spiritual Care team, and to signpost you to specialist services if appropriate.  To call for immediate support between **9am-9pm, 7 days a week: Phone: 07888 998084.** The service is available for staff across NHS Lothian. Calls normally last up to 30 minutes, and you are welcome to call on more than one occasion. |

SOURCES OF ADVICE AND SUPPORT – Doctors Support Resource List

**The British Medical Association (BMA)**

[**www.bma.org.uk**](http://www.bma.org.uk/)

**BMA COUNSELLING**

BMA Counselling is staffed by professional telephone counsellors 24 hours a day, 7 days a week. They are all members of the British Association for

Counselling and Psychotherapy and are bound by strict codes of confidentiality and ethical practice. Call 0330 123 1245 (24 hours a day, 7 days a week)

**DOCTOR ADVISOR SERVICE**

The Doctor Advisor service runs alongside BMA Counselling, giving doctors and medical students in distress or difficulty the choice of speaking in confidence to another doctor.

Call 0330 123 1245 and ask to speak to a Doctor Advisor

**DOCTOR SUPPORT SERVICE**

Confidential emotional support from the BMA for doctors going through GMC procedures. Call 020 7383 6707

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| **Royal Medical Benevolent Fund (RMBF)**  [**www.rmbf.org**](http://www.rmbf.org/) | The Royal Medical Benevolent Fund is the leading UK charity for doctors, medical students and their families. We provide financial support, money advice and information when it is most needed due to age, ill health, disability or bereavement.  **Call 0208 540 9194 or**  **email** [**help@rmbf.org**](mailto:help@rmbf.org) |
| **DocHealth**  [**www.dochealth.org.uk**](http://www.dochealth.org.uk/) | DocHealth is a confidential, not for profit, psychotherapeutic consultation  service for all doctors. The service is provided by senior clinicians, and supported by the RMBF and the BMA.  **Call 020 7383 6533** |
| **Sick Doctors Trust**  [**www.sick-doctors-trust.co.uk**](http://www.sick-doctors-trust.co.uk/) | Independent, confidential organisation offering support and help to doctors and medical students dependent on alcohol or drugs.  **Call 0370 444 5163 (24 hours a day, 7 days a week)** |
| **Doctors Support Network**  [**www.dsn.org.uk**](http://www.dsn.org.uk/) | Peer support by qualified doctors offering a confidential and anonymous  service covering mental health, work problems, relationships and anything else.  **Contact via email** [**info@dsn.org.uk**](mailto:info@dsn.org.uk) |
| **The Cameron Fund**  [**www.cameronfund.org.uk**](http://www.cameronfund.org.uk/) | Provides support to current and retired GPs, as well as their families, in times  of financial distress, whether through ill-health, disability, death or loss of employment.  **Call 020 7388 0796** or email [info@cameronfund.org.uk](mailto:info@cameronfund.org.uk) |
| **British Doctors and Dentists Group**  [**www.bddg.org**](http://www.bddg.org/) | A mutual support society holding local meetings for doctors and dentists who are recovering from, or wish to recover from, addiction or dependency on alcohol or other drug    **Call 01484 667 681** or email [bddg@btinternet.com](mailto:bddg@btinternet.com) |
| **Sick Doctors Trust** | Support for doctors and medical students suffering any degree of dependence on drugs and alcohol.  **Call 0870 444 5163** - available 24 hours/day  Email: [help@sick-doctors- trust.co.uk](mailto:help@sick-doctors-trust.co.uk) |
| **Royal Medical Benevolent** **Fund**  [**www.rmbf.org**](http://www.rmbf.org/) | Depending on individual needs and circumstances, RMBF is able to provide grants, loans, infomraiton, advice, clothes parcels and payments to assist with domestic and financial crises or help with childcare and costs.    **Call 020 8540 9194** |
| **Doctors for Doctors Unit & BMA Counselling** | Doctor advisors provide help to doctors who find themselves in  difficulty, be it through giving them reflective space to talk through  issues or signposting to more appropriate organisations.  **Call 08459 200 169** – available 24 hours/day |
| **Doctors Support Network**  [**www.dsn.org.uk**](http://www.dsn.org.uk/) | Provision of ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.    **Call 0870 765 0001** |