

SOURCES OF ADVICE AND SUPPORT - Local

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 OEnquiries@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

NHS Lothian
Lothian LMC

SOURCES OF ADVICE AND SUPPORT – Doctors Support Resource List

The British Medical Association (BMA)

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

<p>Royal Medical Benevolent Fund (RMBF) www.rmbf.org</p>	<p>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.</p> <p>Call 0208 540 9194 or email help@rmbf.org</p>
<p>DocHealth www.dochealth.org.uk</p>	<p>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.</p> <p>Call 020 7383 6533</p>
<p>Sick Doctors Trust www.sick-doctors-trust.co.uk</p>	<p>Independent, confidential organisation offering support and help to doctors and medical students dependent on alcohol or drugs.</p> <p>Call 0370 444 5163 (24 hours a day, 7 days a week)</p>
<p>Doctors Support Network www.dsn.org.uk</p>	<p>Peer support by qualified doctors offering a confidential and anonymous service covering mental health, work problems, relationships and anything else.</p> <p>Contact via email info@dsn.org.uk</p>
<p>The Cameron Fund www.cameronfund.org.uk</p>	<p>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.</p> <p>Call 020 7388 0796 or email info@cameronfund.org.uk</p>
<p>British Doctors and Dentists Group www.bddg.org</p>	<p>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</p> <p>Call 01484 667 681 or email bddg@btinternet.com</p>

<p>Sick Doctors Trust</p>	<p>Support for doctors and medical students suffering any degree of dependence on drugs and alcohol.</p> <p>Call 0870 444 5163 - available 24 hours/day</p> <p>Email: help@sick-doctors-trust.co.uk</p>
<p>Royal Medical Benevolent Fund</p> <p>www.rmbf.org</p>	<p>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.</p> <p>Call 020 8540 9194</p>
<p>Doctors for Doctors Unit & BMA Counselling</p>	<p>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.</p> <p>Call 08459 200 169 – available 24 hours/day</p>
<p>Doctors Support Network</p> <p>www.dsn.org.uk</p>	<p>Provision of ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.</p> <p>Call 0870 765 0001</p>

