

SOURCES OF ADVICE AND SUPPORT SPECIFICALLY FOR GP'S

LOCAL SUPPORT:	
<b>Your registered GP</b>	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 out with your local area if necessary.
<b>NHS Lothian Occupational Health Service</b>	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 <b>Call 0131 536 1135</b> (Mon-Fri 8.30am-3.45pm) or Email <a href="mailto:OHenquiries@nhslothian.scot.nhs.uk">OHenquiries@nhslothian.scot.nhs.uk</a>
<b>Workforce Specialist Services</b> <a href="http://www.practitionerhealth.nhs.uk/accessing-the-service-in-scotland">www.practitionerhealth.nhs.uk/accessing-the-service-in-scotland</a>	A confidential mental health service for all regulated professionals working in health and social care sectors in Scotland. Can treat wide range of MH issues such as stress, anxiety, depression or addiction (including potentially detox). Mostly virtual appointments, questionnaire to complete and triaged to best specialist eg CBT, psychologist, psychiatrist, GPWSI psychiatry. <b>Access this via the online 'wellbeing and registration form' or Tel 0300 0303 300 (Monday – Friday 8am-8pm, Sat 8-2pm)</b>
PEER SUPPORT:	
<b>Lothian LMC</b> <a href="http://www.lothianlmc.co.uk">www.lothianlmc.co.uk</a>	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  <b>Call 0131 465 5670</b> or email <a href="mailto:lmc@nhslothian.scot.nhs.uk">lmc@nhslothian.scot.nhs.uk</a>

<b>LUCS Out Of Hours Peer support via NHS Lothian Peer Support</b>	<p>LUCS has two peer support members available via NHS Lothian Peer support. They offer a confidential, informal conversation. A chance to offload, reflect and help manage stress levels. They will not offer advice or counselling.</p> <p>To self-refer either contact LUCS directly by email, or email <a href="mailto:PeerSupport@nhslothian.scot.nhs.uk">PeerSupport@nhslothian.scot.nhs.uk</a> and specify you require a LUCS peer support member.</p>
<b>Doctor Advisor Service</b> <a href="http://www.bma.org/advice-and-support/your-wellbeing">www.bma.org/advice-and-support/your-wellbeing</a>  <b>(open to non-members)</b>	<p>The Doctor Advisor service runs alongside BMA Counselling, giving doctors the choice of speaking in confidence to another doctor for peer support with an emotional focus.</p> <p>[after taking a few details, you are given a peer support doctor's contact number to text and arrange a mutual time to talk with]</p> <p><b>Call 0330 123 1245 (24/7)</b> and ask to speak to a 'peer support doctor'.</p>
<b>Doctors Support Network</b> <a href="http://www.dsn.org.uk">www.dsn.org.uk</a>	<p>Telephone line and anonymous online forum providing peer support by qualified doctors offering a confidential and anonymous service covering mental health, work problems, relationships, and anything else.</p> <p><b>Contact 0844 9933010</b> (Mon/Tues 8pm-11pm, Wed-Fri 8pm-10pm, Sun 4pm-10pm) Or access via the <b>contact form on the website</b> or email <a href="mailto:info@dsn.org.uk">info@dsn.org.uk</a></p>
<b>COUNSELLING/THERAPY:</b>	
<b>NHS Lothian staff counselling service</b>	<p>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)</p> <p>Contact the Staff Counselling Services on <b>0131 536 1135</b> (Mon-Fri 8.30am-3.45pm) or email <a href="mailto:OHSCS@nhslothian.scot.nhs.uk">OHSCS@nhslothian.scot.nhs.uk</a></p>

<p><b>BMA counselling service</b> <a href="http://www.bma.org/advice-and-support/your-wellbeing">www.bma.org/advice-and-support/your-wellbeing</a></p> <p><b>(Open to non-members)</b></p>	<p>Regardless of BMA membership, BMA Counselling is available and staffed by professional telephone counsellors 24/7. They are all members of the British Association for Counselling and Psychotherapy and are bound by strict codes of confidentiality and ethical practice. Available to all doctors, their partners and dependents 16-24yo. [up to 6 sessions offered, usually by telephone, can be video and sometimes F2F]</p> <p><b>Call 0330 123 1245</b> (24 hours a day, 7 days a week)</p>
<p><b>DocHealth</b> <a href="http://www.dochealth.org.uk">www.dochealth.org.uk</a></p>	<p>A confidential, not for profit, psychotherapeutic consultation service for all doctors. The service is provided by senior clinical psychotherapist and supported by the RMBF and the BMA. [currently consults are by video call, fees £95/session for GPs 08/21, but if in financial difficulty then subsidised]</p> <p><b>Call 020 7383 6533 Mon-Fri 8am-12.30pm</b> or email <a href="mailto:enquiries@dochealth.org.uk">enquiries@dochealth.org.uk</a></p>
<p><b>National Wellbeing Hub</b> <a href="http://www.wellbeinghub.scot">www.wellbeinghub.scot</a></p>	<p>The National Wellbeing Hub is an online resource that offers a broad range of advice and evidence-based digital resources to help staff cope with issues such as stress, anxiety and resilience, and improve sleep. Compassionate listening service available 24/7 and can offer advice, signposting and onward referral (with consent) to local staff support services where required, including out of your area.</p> <p><b>National Wellbeing Helpline: 0800 111 4191 24/7</b></p>
<p><b>Lothian Staff Listening Service</b></p>	<p>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.</p> <p>Self refer on <b>0131 242 1990</b> or email <a href="mailto:stafflistening@nhslothion.scot.nhs.uk">stafflistening@nhslothion.scot.nhs.uk</a></p> <p>To call for immediate support between <b>9am-9pm, 7 days a week: Phone: 07888 998084</b>. 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.</p>

<b>GMC / FITNESS TO PRACTICE SUPPORT:</b>	
<b>Doctor Support Service, BMA</b>	Regardless of BMA membership, confidential emotional support from the BMA for doctors going through <b>fitness to practice GMC procedures</b> or at risk of having their license withdrawn. [6 hrs of telephone support 1:1, potential F2F support for attending hearings]  <b>Call 020 7383 6707</b> (Mon-Fri 9am-5pm) or email <a href="mailto:doctorsupportservicebma.org.uk">doctorsupportservicebma.org.uk</a>
<b>FINANCIAL SUPPORT:</b>	
<b>Royal Medical Benevolent Fund (RMBF)</b> <a href="http://www.rmbf.org">www.rmbf.org</a>	UK charity providing financial support for doctors experiencing financial hardship as a result of illness, injury, disability, bereavement or age. Depending on individual needs and circumstances, RMBF can offer grants, loans, information/money advice, clothes parcels, payments to assist with domestic and financial crises or help with childcare and costs. Also free access to online wellbeing resources 'rightsteps' for self-directed modules.  <b>Call 0208 540 9194 (option 1)</b> or email <a href="mailto:help@rmbf.org">help@rmbf.org</a>
<b>The Cameron Fund</b> <a href="http://www.cameronfund.org.uk">www.cameronfund.org.uk</a>	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.  <b>Call 020 7388 0796</b> or email <a href="mailto:info@cameronfund.org.uk">info@cameronfund.org.uk</a>
<b>ADDICTION SUPPORT:</b>	
<b>British Doctors and Dentists Group</b> <a href="http://www.bddg.org">www.bddg.org</a>	A mutual support society holding local meetings (currently online) for doctors and dentists who are recovering from, or wish to recover from, addiction or dependency on alcohol or other drug.  <b>email <a href="mailto:natsecretary@bddg.org">natsecretary@bddg.org</a></b> who can advise on current local meeting options.

**Sick Doctors Trust**  
[www.sick-doctors-trust.co.uk](http://www.sick-doctors-trust.co.uk)

Independent, confidential 24/7 telephone line run by doctors, offering support and help to doctors dependent on alcohol or drugs. Happy to deal with anonymous enquiries.

**Call 0370 444 5163 (24 hours a day, 7 days a week)**

Email: [help@sick-doctors-trust.co.uk](mailto:help@sick-doctors-trust.co.uk)