

Doctor's Support Resource List

Issue/Problem Area	Organisation	Contact Details
Alcohol Abuse	Alcoholics Anonymous Alcoholics Anonymous is a gathering of men and women who share their experience, strength and hope with each other, that they may recover and help others to recover from alcoholism.	0800 9177 650 www.alcoholics-anonymous.org.uk
Asperger's	The National Autistic Society The leading UK charity for autistic people (including those with Asperger syndrome) and their families.	http://www.autism.org.uk/about/what-is/asperger.aspx 0808 800 4104 – 10am to 4pm Mon-Thurs, 9am to 3pm on Fridays
Bereavement	Cruse Bereavement Care Offers free information and advice to anyone who has been affected by a death.	http://www.cruse.org.uk/ 0808 808 1677
Carers Support	Carers UK Millions of people are caring for elderly relatives, sick friends or disabled family members. They often do it unpaid or without support. Carers UK can provide information, advice and support for carers.	www.carersuk.org Carers Line: 0808 808 7777 – Monday to Friday, 10am to 4pm
Crime	Victim Support Line Victim Support is the national charity which helps people affected by crime. They provide free and confidential support to help people deal with the experience, whether or not the crime is reported.	0808 16 89 111 Monday to Friday 8pm to 8am Weekends: 24 hour service www.victimsupport.org.uk

Disability	Association of Disabled Professionals Draws on the expertise of disabled professionals to improve the educational and employment opportunities of disabled people.	01204 431638 www.adp.org.uk
Disability	Hope 4 Medics A support group for doctors with disabilities.	www.hope4medics.co.uk/about.php
Domestic Violence	Women's Aid Key national charity working to end domestic violence against women and children; supports a network of over 500 domestic and sexual violence services across the UK.	0808 2000 247 www.womensaid.org.uk
Drug and Alcohol Abuse	British Doctors and Dentists Group (BDDG) The BDDG is a service for recovering alcoholic and drug dependent doctors and dentists.	www.bddg.org 07825 107 970 Email: BDDG@btinternet.com
Drug and Alcohol Abuse	Sick Doctors Trust Support for doctors and medical students suffering any degree of dependence on drugs or alcohol.	http://sick-doctors-trust.co.uk/ 0370 444 5163 - available 24 hours/day Email: help@sick-doctors-trust.co.uk
Dyslexia	Dyslexia Action Dyslexia Action is a national charity and the UK's leading provider of services and support for people with dyslexia and literacy difficulties.	0300 303 8840 www.dyslexiaaction.org.uk Email: supportus@dyslexiaaction.org.uk
Emotional Distress	Samaritans Provides confidential emotional support for people	116 123 – available 24 hours a day www.samaritans.org

	who are experiencing feelings of distress or despair, including those which may lead to suicide.	
Financial	<p>The Cameron Fund The Fund is a charity for doctors who are, or have been, general practitioners, and for their dependants. It offers help in times of poverty, hardship or distress.</p>	<p>020 7388 0796</p> <p>www.cameronfund.org.uk</p> <p>Email: info@cameronfund.org.uk</p>
Financial	<p>Royal Medical Benevolent Fund Depending on individual needs and circumstances, RMBF is able to provide grants, loans, information, advice, clothes, parcels and payments to assist with domestic and financial crises or help with childcare and other costs.</p>	<p>020 8540 9194</p> <p>www.rmbf.org</p>
Gambling	<p>GamCare Provides support, information and advice to anyone suffering because of gambling.</p>	<p>www.gamcare.org.uk</p> <p>0808 8020 133 – 8am till midnight, 7 days per week</p>
General	<p>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.</p>	<p>0330 123 1245 - 24 hours a day, 7 days a week</p> <p>For more information: https://www.bma.org.uk/advice/work-life-support/your-wellbeing/bma-counselling-and-doctor-advisor-service</p>
Government Issues	<p>Citizens Advice Bureau Gives free, confidential, impartial and independent advice on a limitless range of subjects, including debt, benefits, housing, legal matters, employment,</p>	<p>www.citizensadvice.org.uk</p>

	immigration and consumer issues.	
International Doctors	British International Doctors Association BIDA aims to protect and promote the interests of overseas doctors, by highlighting the problems they face and developing policies on the health care of ethnic minorities.	0161 456 7828 http://www.bidaonline.co.uk/
Legal &Ethical Support	Medical Defence Union For MDU members, the union provides expert help and advice on medico-legal and ethical matters including handling complaints, claims and GMC cases. It is staffed by a team of medico-legal advisors.	0800 716 646 – 24 hours a day www.the-mdu.com
Mental Health	Mind - Depression Alliance Depression Alliance is the leading UK charity for people affected by depression, run by the sufferers themselves.	0300 123 3393 http://www.mind.org.uk/about-us/what-we-do/depression-alliance/ Email: info@mind.org.uk
Mental Health	Doctors Support Network Provision of ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.	www.dsn.org.uk
Mental Health	BEAT The BEAT helplines are for people who wish to talk about eating disorders and to obtain information about help available in their locality.	0808 801 0677 - 365 days a year: 4pm-10pm https://www.b-eat.co.uk/ Email: help@b-eat.co.uk
Mental Health	Improving Access to	http://www.nhs.uk/service-

	<p>Psychological Therapies A postcode search for psychotherapy services in your area.</p>	<p>search/Psychological-therapies-(IAPT)/LocationSearch/10008</p>
Mental Health	<p>SilverCloud A library of interactive and engaging programmes for a range of mental and behavioural health issues.</p>	<p>http://www.silvercloudhealth.com/</p>
Mental Health	<p>iTalk A free service for people suffering from depression and anxiety. The main therapy offered is Cognitive Behavioural Therapy (CBT).</p>	<p>023 8038 3920 info@italk.org.uk</p>
Mental Health	<p>MoodGYM Learn cognitive behaviour therapy skills for preventing and coping with depression.</p>	<p>https://moodgym.anu.edu.au/welcome</p>
Relationships & Family	<p>National Family Mediation NFM is a network of local Family Mediation Services in England which offers help to couples, married or unmarried, who are in the process of separation and divorce.</p>	<p>0300 4000 636 – 9am-5pm Mon-Fri www.nfm.org.uk</p>