

I'm keeping afloat, but only just

All doctors struggle from time to time and working out what to do to help yourself can be a minefield. Here are a selection of ways to find help you find your balance again.

Often it just helps to tell a Trusted colleague how you are feeling, speaking to a loved one also shares the load and can make all the difference.

Sometimes people would rather speak to someone not connected to their clinical work and don't want to worry their family.

There are several options – at most Trusts you will find

Trust services

Educational Supervisors

Training Programme Directors

Director of Medical Education

Occupational Health

Chaplaincy.

Employee Assistance Programmes (check your intranet) - A broad range of support services including on-line help and access to free counselling, usually 24/7.

Conflict resolution training

Freedom to speak up guardian (if you are experiencing discrimination or bullying)

Apps that might help

Unmind:

Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing. Using scientifically-backed assessments, tools and training you can measure and manage your personal mental health needs, including digital programmes designed to help with stress, sleep, coping, connection, fulfilment and nutrition.

They are offering free access to NHS staff until the end of December 2020, active now.

How NHS staff can get access

1. Go to nhs.unmind.com/signup
2. Sign up with your NHS email address
3. Download the Unmind app from your appstore - your organisation name is NHS.

Headspace:

Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

They are offering free access to all NHS staff with an NHS email address until 31 December, active now.

How NHS staff can get access

1. Go to <https://www.headspace.com/nhs> and select clinical or non-clinical staff to start enrolling
2. You will need to use your NHS email address to sign up

Sleepio and Daylight (developed by Big Health):

Sleepio is a clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using cognitive behavioural techniques to help improve poor sleep.

Daylight is a smartphone-based app that provides help to people experiencing symptoms of worry and anxiety, using evidence-based cognitive behavioural techniques, voice and animation.

Free access to Daylight is active now until 31 December.

How to access Sleepio

1. Visit sleepio.com/redeem on your laptop or desktop computer

2. Enter redeem code NHS2020 and sign up for an account using your name and email address
3. Complete the sleep test
4. Get started!

How to access Daylight

1. Click on the following link: daylight.com/NHSaccess
2. Answer a few short questions to tailor the programme to you
3. Sign up for an account using your name and email address
4. Download the Daylight smartphone app (search 'Daylight - Worry Less')
5. Get started!

Online resources

My Possible Self to help reduce stress, anxiety and low mood

<https://www.mypossibleself.com/>

Mood Gym interactive self-help book which helps you to learn and practise skills which can help to prevent and manage symptoms of depression and anxiety.

<https://www.moodgym.com.au/>

i Talk managing anxiety and mood management <https://www.italk.org.uk/>

Heads Up – managing /disclosing your mental health at work <https://www.headsup.org.au/>
also downloadable leaflet from HEE

Every Mind Matters (NHS) <https://www.mentalhealth.org.uk/blog/every-mind-matters>

Tea and Empathy Facebook Group – a national, informal peer support network aiming to foster a supportive culture throughout the NHS.

<https://www.facebook.com/groups/1215686978446877/>

Help for doctors

BMA

Confidential 24/7 counselling and peer support services open to all doctors and medical students on 0330 123 1245. There is always someone you can talk to.

<https://www.bma.org.uk/advice/work-life-support/your-wellbeing/counselling-and-peer-support>

NHS Health Programme

An award winning, free and confidential NHS service for doctors and dentists with issues relating to a mental health concern or addiction problem, in particular where these might affect their work. <https://www.practitionerhealth.nhs.uk/>

Tel: 020 3049 4504

Email: Prac.Health@nhs.net

DocHealth - a confidential, not for profit service giving doctors an opportunity to explore difficulties, both professional and personal, with senior clinicians. This service is delivered by Consultant Medical Psychotherapists based at BMA House in London.

<https://www.dochealth.org.uk/>

Tel: 020 7383 6533

Email: enquiries@dochealth.org.uk

Sick Doctors Trust

Provide early intervention and treatment for doctors suffering from addiction to alcohol or other drugs

<http://www.sick-doctors-trust.co.uk>

tel. 0370 444 5163

The Doctors' Support Network – offers online peer support and sign-posting for doctors and medical students with mental health concerns <https://www.dsn.org.uk/>