

## Support available at trust or organisational level

Trust/Location	Staff Group	Resource Details	Contact
Dorset County Hospital NHS Foundation Trust	Foundation Year 1 Trainees	<ul style="list-style-type: none"> <li>- Buddy scheme for all FY1 trainees</li> <li>- Education Centre Manager is a mentor with training to identify doctors in need of support</li> </ul>	<a href="#">Website</a> Medical Education Manager (Education Centre) <a href="mailto:judy.crabb@dchft.nhs.uk">judy.crabb@dchft.nhs.uk</a>
Dorset County Hospital NHS Foundation Trust	Trainees at DCHFT	Courses for communication skills and working in teams in the NHS offered to all trainees	Medical Education Manager Location: Education Centre Email: <a href="mailto:judy.crabb@dchft.nhs.uk">judy.crabb@dchft.nhs.uk</a>
GP Unit Southampton	GP trainees - international medical graduates	Support with communication skills and phonics by a professional actress.	<a href="#">GP Education Unit Southampton</a>  Email: <a href="mailto:info@southamptongp.info">info@southamptongp.info</a>
Portsmouth Hospitals NHS Trust	All Portsmouth staff	Funded counselling service	<a href="#">Website</a>
Portsmouth Hospitals NHS Trust	All Portsmouth staff	Fit4work: Exercise based referral programme at the Oasis staff leisure centre	<a href="#">Website</a>
Royal Bournemouth and Christchurch Hospital	All RBCH staff	Employee Assistance Programme: Self-referral telephone counselling service and funded face-to-face sessions via Occupational Health department as well as Trust funded private consultation with a local consultant Psychiatrist if required.	Postgraduate Medical Education Manager <a href="mailto:christine.hardwick@rbch.nhs.uk">christine.hardwick@rbch.nhs.uk</a>
Royal Bournemouth and Christchurch Hospital	Trainees at RBCH	Confidential, anonymised advice and pastoral support service as well as funding for private consultation with a local consultant psychiatrist, if required.	Postgraduate Medical Education Manager <a href="mailto:christine.hardwick@rbch.nhs.uk">christine.hardwick@rbch.nhs.uk</a>  Or Director of Medical Education <a href="mailto:Tanzeem.raza@rbch.nhs.uk">Tanzeem.raza@rbch.nhs.uk</a>
Salisbury NHS Foundation Trust	Foundation Year 1 Trainees	Buddy scheme to pair all FY1 trainees with FY2 doctors who have previously completed their rotation	<a href="mailto:Claire.Whaley@salisbury.nhs.uk">Claire.Whaley@salisbury.nhs.uk</a> <a href="mailto:Jennifer.Hanks@salisbury.nhs.uk">Jennifer.Hanks@salisbury.nhs.uk</a>
University Hospital Southampton	All UHS staff	Information on a range of support services available including careers advice, charities & organisations, available through the trust intranet	<a href="#">Website</a>

## Specialty based support and resources for specific staff groups

Specialty / Staff Group	Location	Resource Details	Contact
Anaesthetic trainees	Wessex wide	<a href="#">Wellbeing Resource Guide</a> (pdf) for all anaesthetic trainees produced by the anaesthetics wellbeing group	<a href="mailto:wessexanaesthetists@gmail.com">wessexanaesthetists@gmail.com</a>
Obstetrics and Gynaecology trainees	Wessex wide	Trainee mentorship scheme	O&G trainees committee, details available through educational supervisors or <a href="mailto:wessexog.trainees@gmail.com">wessexog.trainees@gmail.com</a>
General Practice trainees – international medical graduates	Southampton GP Unit	Support with communication skills and phonics through professional actress for international medical graduates	<a href="#">GP Education Unit Southampton</a>  Email: <a href="mailto:info@southamptongp.info">info@southamptongp.info</a>
Healthcare Staff with Asperger's Syndrome	Any	Closed Facebook group for staff with Asperger's to share experiences	<a href="#">Facebook Group</a>
Palliative Medicine	Salisbury NHS Foundation Trust	- Open access to psychology services - Professional coaching service available	Available through trainee's educational supervisor