

Support for doctors during Covid-19

This is an extremely difficult time for us all – we have tried to bring together all the current available support. It is important to realise it is ok not to be ok, this is an abnormal situation and most of us are struggling with it. Please support each other and seek help via some of these resources- I would highly recommend everyone read the Red Whale document and listen to the podcast.

If you are really struggling please reach out to us. Our new senior appraisers will be in post from April first and can make contact with you if needed to discuss your situation and signpost you to the appropriate help. We want to help and support you through this

Red Whale has a really useful article for all of us : [https://www.gp-update.co.uk/SM4/Mutable/Uploads/pdf file/PEARL-Emotional-and-Psychological-wellbeing\[2\]-EDITED.pdf](https://www.gp-update.co.uk/SM4/Mutable/Uploads/pdf%20file/PEARL-Emotional-and-Psychological-wellbeing[2]-EDITED.pdf)

And has recommended this podcast which is well worth listening to : <https://www.youtube.com/watch?v=j2LQEpJPfcM&feature=youtu.be>

BMA wellbeing service

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.

Our wellbeing support services are open to all doctors and medical students. They're confidential and free of charge.

Headspace is offering 3 months free months free to NHS staff. This is a mindfulness app and can help to improve stress and sleep

To access fill in the form that can be found here:

https://docs.google.com/forms/d/e/1FAIpQLScLSzNkapiJ-uVELPwl_bx8NJAfu3PfpQ9yvheXQdVRiRfMLA/viewform

Talk space

Free therapy for impacted health care workers

Because of the devastating mental health toll exacted by the spread of this virus, Talkspace is devoted to providing 1,000 free months of therapy for impacted doctors, nurses, and social workers. To access the much-needed benefit during this emergency, health care

workers should register after downloading the app from the [Google Play](#) or [Apple's App Store](#) or via the [Talkspace website](#) and provide a picture of your smart card or NHS ID (they ask for NPI number which is American but accept picture as proof) Once certified for eligibility, these health care workers will be provided access to Talkspace's Unlimited Messaging Plus plan.

A picture of your smart card or NHS ID will access this for you. It is a bit of a hassle getting started you link via the app with a matching agent, answer a few questions upload your ID they give you a link and Code which removes the cost (for at least a month) then choose the text only 1 month plan and enter details. Remember to cancel before you start paying unless you want to continue.

Helphub. - <https://www.thehelphub.co.uk/>

An online therapy service is to offer free 20-minute sessions aimed at vulnerable older people and others who are self-isolating or struggling, after therapists across the UK volunteered their help. They are happy to help NHS staff

Unwind <https://www.standard.co.uk/tech/unmind-nhs-free-access-covid-19-a4391551.html>

This is workplace wellness platform [Unmind](#) has announced it will offer free access to its digital resources for all NHS staff in order to help them deal with the pressures and demand on their [mental health](#) during the crisis.

If you haven't already, you can **download the Unmind app** on **iOS** or **Android**, and get access by entering your organisation's Unmind URL: nhs.

Help them help us

Are setting up therapists to give free therapy to NHS staff www.helpthemhelpus.co.uk
On 24/03/2020 this is imminent. Go to their website and there is a apply for heroes help button.

MPS

Members of Medical Protection society can access 6 free sessions of counselling

Their counselling service is provided by our trusted partners ICAS, who offer a personalised and professional service tailored specifically to your requirements and delivered by experienced qualified counsellors. ICAS's telephone counselling provides immediate access to support 24 hours a day, 7 days a week, and face-to-face counselling sessions can be arranged near to you and at your convenience, all funded by Medical Protection. The service is entirely independent and confidential.

Call ICAS now on 0808 189 4385 or +44 3300 241 021 from overseas and quote your Medical Protection membership number to book a free session.

Practitioner Health

<https://www.practitionerhealth.nhs.uk>

Practitioner Health is a free, confidential NHS service for doctors and dentists across England with mental illness and addiction problems, who are working or looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress or depression or an addiction problem, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England

LMC pastoral service

Cornwall LMC - <https://support.kernowlmc.co.uk>

We offer tailored advice and support for a wide range of professional and personal issues affecting GPs including stress, conflict and work-life balance.

Our service includes:

- A rapid response to new cases, normally within 24 hours
- Free and confidential advice, support and guidance
- A personalised service from an experienced local GP assigned to each case
- A network of pastoral support GPs with a wide range of professional skills and interests to cover most eventualities
- Signposting to other services, where appropriate.

If you need urgent pastoral support from the LMC please phone our service now in confidence on 01726 210141 or 07789 775909

Devon LMC- <https://www.devonlmc.org/pastoralsupport>

The LMC Pastoral Support Network (PSN) aims to provide a broad range of support and guidance to GPs and practice managers who are encountering challenges in their work or personal lives.

Call the team (01392 834020) and asking to speak to:

Hannah Baxter - Operations Lead: hannah.baxter@devonlmc.org or;

Bob Fancy - Director of Operations: bob.fancy@devonlmc.org

Somerset LMC- <https://www.somersetlmc.co.uk/gpsupport>

The Somerset LMC Pastoral Support Network provides confidential support and guidance to all GPs in Somerset

You might be struggling with internal strife in a partnership, with burnout, or your personal clinical workload may threaten to become unmanageable. These and many other common scenarios are the subject-matter of the SSH which provides information and resources for commonly experienced difficulties, plus the opportunity to seek confidential advice from an Advocate. Our local lead LMC GP Advocates are

Dr Barry Moyses and Dr Zoe Fox, who are supported by a team of GPs

Advocates can also be contacted by phone via the LMC: 01823 331428. Go to: somersetsafehouse.co.uk for further information, or to contact our Advocate confidentially (anonymously if required).

Avon LMC - <https://avonlmc.co.uk/practice-support/pastoral-support/gp-safe-house/>

if your need is for some personal advice and support, GP Safe House gives details of, and easy on-line communication with, an Advocate from an Avon LMC-based team of experienced GPs. Strict confidentiality is the rule and the system is designed for this communication to be anonymous if you so wish. Due to this high level of confidentiality, you need your personal password to use GP Safe House. Please contact karen@almc.co.uk or call the office on [0117 9702755](tel:01179702755) for your password.

For detailed information regarding the GP Safe House, or to login to the facility, please click here <http://www.gpsafehouse-avon.co.uk>

They also offer the COPE scheme which is a confidential service giving direct access to psychologists, counsellors, psychiatrists and professional coaching who are under stress, in distress, depressed, burnt out, not coping, drinking too much or worried about themselves in any other way. It is available to doctors or practice managers working in primary care in the Avon LMC area

Gloucestershire LMC - <http://www.gloslmc.com/blog-gp-support.asp>

The Local Medical Committee provides a completely confidential and free service, offering:

- Listening, coaching and, if required, advice to GPs in situations like yours.

- Keeping you company at hearings.
- If necessary, providing completely separate support for the GP and the practice should the two be at variance.
- Providing mediation, if both parties agree.

To seek help of this or any other sort, please contact the Secretary. You will then be given a choice of 2 or more 'LMC Advocates' who are senior, experienced and empathetic GPs from whom you can choose to receive help. It will then be up to you to contact them. They will bill the LMC for the work they do, but it is completely anonymised and confidential.

We ALSO provide a password-protected website called the [Gloucestershire GP Safe House](#) (GPSH) which, as its name implies allows you to go alone into each 'room' to seek for guidance and help

Wessex LMC

operating across the counties of Dorset, Hampshire, the Isle of Wight, Somerset, and Wiltshire.

They have a useful booklet :

<https://www.flipsnack.com/WessexLEaD/doc-0129-support-for-gps-what-is-available/full-view.html>

Telephone 02380253874 02380253874 email us on: office@wessexlmcs.org.uk

8025 3874

Practitioner Health Service

The [NHS Practitioner Health Service](#) will help GPs with:

- Common and more complex mental health conditions
- Mental health conditions relating to a physical health issue
- Substance misuse including support for community detoxification
- Rehabilitation and support to return to work after a period of mental ill-health.

How to contact NHS Practitioner Health

To sign up, call 0300 0303 300 or email prac.health@nhs.net.

The line is open Monday to Friday 8am to 8pm and Saturday 8am to 2pm.

Text NHSPH to 85258 for the out-of-hours crisis text service.