

SUPPORT SERVICES For Doctors

Lincolnshire *lmc*

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Practitioner Health Service

(Formerly known as the GP Health Service)

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.

The rates of mental illness in doctors are higher than those of the general population and in addition to this, healthcare professionals face a number of barriers to accessing healthcare. Concerns about confidentiality of the service often prevent doctors accessing services through their own GP.

Guidance on how to access the service is given on the website above.

BMA

The BMA has a range of services:

www.bma.org.uk/advice/work-life-support/your-wellbeing

Contact:

- Tel: 0330 123 1245 (24hrs)
- wellbeingsupport@bma.org.uk

These are available to all practitioners, not just members and include support when doctors are facing GMC investigation.

The website links to other organisations who provide a range of support services including bereavement, finances, relationships, equal opportunities and counselling.

BMA Charities

<https://bmacharities.org.uk>

- Tel 020 7383 6142

BMA Charities is an independent charity supported by the BMA which provides financial support for doctors, medical students and doctors' dependents.

It's main areas of activity are supporting medical students doing medicine as a further degree, and refugee doctors in all four home nations.

Doctors Support Network

www.dsn.org.uk

Peer support for doctors and medical students experiencing mental health issues. The group has an online support forum and a presence on social media.

The Samaritans

www.samaritans.org

Support for any concerns:

- Tel: 0116 123 (24 hour availability)
- Email jo@samaritans.org response time within 24 hours

The website includes a wide range of resources and links to other services.

Wellbeing - The Active Faith Network

This network can provide you with support and advice if you or someone you care for is affected by cancer. [Religion, Spiritualism and Support Groups :: Cancer Support Lincolnshire](#). Tel: **01522 370148**.

The Sick Doctors Trust

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

Established in 1996 by a group of doctors who were themselves recovering from addictions and were concerned at the lack of effective arrangements for helping others who found themselves in difficulty as a result of alcohol or drug use.

British Doctors and Dentists Group

<http://www.bddg.org/>

A recovery group for doctors and dentists addicted to drugs and or alcohol.

DOCHealth

www.dochealth.org.uk

DOCHealth is a confidential, not for profit, psychotherapeutic consultation service for all doctors. Although located in London the service is open to all doctors in the UK. For doctors outside London we offer, after an initial face-to-face session, ongoing video consultations.

Royal Medical Benevolent Fund.

www.rmbf.org

Our help ranges from financial assistance in the form of grants and loans to a telephone befriending scheme for those who may be isolated and in need of support.

The website has an excellent section on Health and Well-being, including sections on maternity issues, tax ,career options etc.

The Doctors Support Group

www.doctorssupportgroup.com

The Doctors Support Group (DSG) aims to provide support to any medical professional or dentist facing suspension, exclusion, investigation of complaints and/or allegations of professional misconduct:

Where the Group feels that major management decisions adversely affecting the doctor's career have been inappropriate, disproportionate or unreasonable.

Or where the doctor is suffering from severe psychological problems that could be life threatening – whatever the causation.

The Cameron Fund

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

- Tel 020 7388 0796

The Cameron Fund - "The GP's own charity" - is a benevolent fund which provides support to GPs and their families in times of difficulty.

One Workforce Lincolnshire – Health and Wellbeing

This is a joint initiative across health, social care and the third sector to provide emotional support, advice and guidance.

By calling **0800 001 4331** you can speak to a member of a highly trained and experienced team of support workers who will be able to provide appropriate support.

More information: [Health and Wellbeing :: Lincolnshire One Workforce \(oneworkforcelincs.co.uk\)](http://oneworkforcelincs.co.uk)

Rape Crisis Support Line

A free phone and online chat service for anyone aged 16+ in England and Wales who has been affected by rape, child sexual abuse, sexual assault, sexual harassment or any other form of sexual violence.

Rape Crisis offers 24/7 support through their hotline: [Rape Crisis Website](http://RapeCrisisWebsite). You can reach them at **0808 500 2222**.

SARSAS

SARSAS helpline and live chat services provide free, anonymous and confidential support for people of all genders, age 13+ who have been affected by rape or sexual abuse at any time in their life.

[SARSAS Website](#). They can be contacted at **0808 801 0456**. Please note this is not an emergency service and is not 24/7.

Other Organisations:

[CamDocUK](#) (Association of Cameroonian Doctors in the UK)

[APPNE](#) (Association of Pakistani Physicians of Northern Europe)

[Black Medical Society](#)

[Catholic Medical Association](#)

[Christian Medical Fellowship](#)

[Disabled Doctors' Network](#)

[Doctors' Support Group](#)

[GLADD](#) (Gay & Lesbian Doctors and Dentists Association)

[Jewish Medical Association](#)

[MANSAG](#) (Medical Association of Nigerians across Great Britain)

[Medical Women's Federation](#)

[Women in Surgery](#)

If you know of any support services that may benefit other, please let us know via email:
info@lincslmc.co.uk