



September 2019

Dear Colleagues,

For those of you we have not had the pleasure to meet, we wanted to take the opportunity to introduce the Gloucester and Cheltenham WARD (Well and Resilient Doctor) Team. We are junior doctors, part of a wider team across Severn and Peninsula Deanery, who are working to improve the wellbeing of junior doctors where we can. We run teaching workshops about wellbeing, provide mentoring support, signposting and advice. We are a mix of trainees and non-trainees at middle grade level who have a wide range of experiences and backgrounds so hopefully can help with many of the questions and struggles facing junior doctors.

Medicine is an amazing and worthwhile career but being a junior doctor is tough. Many of us move away from our friends and family for work, or have a long commute to try and juggle our non-work commitments. Day-to-day stresses can take its toll, which is added to by on-calls and disturbed sleep. Some of us have physical or mental health illnesses too.

When we ask "How are you?", many of you answer "fine". Even if you are not. Sometimes people have an overwhelming jumble of thoughts and feelings and it can be an impossible question to answer. Talking about how you feel helps but may be difficult, especially at work. However, difficult feelings and mental health issues affect us all and it is good to talk about them.

With this in mind, we wanted to say:

- Look after yourself, each other and your teams, especially on-call
- Talk to your seniors – They have been trainees too and have a wealth of experience to share
- Talk to your WARD doctors
- If you want to talk to a Consultant outside of your department / supervisors, email or telephone Dr Russell Peek who is the Director of Medical Education or Dr Marie Wheeler (Supportt & LTFT champion)
- Talk to your GP or occupational health
- Contact the Profession Support and Wellbeing Service at the deanery
- See the list of places you can seek help below
- Whatever you do, talk to someone

Start a conversation with your colleagues

Start a conversation with your families

Start a conversation with us:

www.welldoctors.org

Twitter @welldoctors

gloshosps@welldoctors.org.uk

We look forward to meeting you all soon.

Gloucester and Cheltenham WARD Team

Other Sources of Help

SAMARITANS

Telephone: 116 123 (Free 24 hours a day) Email: jo@samaritans.org

Website: www.samaritans.org

Provides confidential, non-judgmental emotional support for people experiencing feelings of distress or despair, including those that could lead to suicide. You can phone, email, write a letter or in most cases talk to someone face to face.

RETHINK MENTAL ILLNESS ADVICE LINE

Telephone: 0300 5000 927 (9.30am-4pm Monday to Friday)

Email: info@rethink.org

Website: www.rethink.org/about-us/our-mental-health-advice

Provides expert advice and information to people with mental health problems and those who care for them, as well as giving help to health professionals, employers and staff. Rethink also runs **Rethink services and groups** across England and Northern Ireland.

SANELINE

Telephone: 0845 767 8000 (6pm-11pm)

Website: www.sane.org.uk/what_we_do/support/helpline

Saneline is a national mental health helpline providing information and support to people with mental health problems and those who support them.

INFOLINE

Telephone: 0300 123 3393 (9am-5pm Monday to Friday)

Email: info@mind.org.uk

Website: www.mind.org.uk/help/advice_lines

Mind provides confidential mental health information services. With support and understanding, Mind enables people to make informed choices. The Infoline gives information on types of mental distress, where to get help, drug treatments, alternative therapies and advocacy. Mind also has a network of nearly 200 local Mind associations providing local services.

SURVIVORS OF BEREAVEMENT BY SUICIDE (SOBS)

www.uk-sobs.org.uk

Helpline: 0300 111 5065 Every day 9.00 – 21.00

Email: sobs.support@hotmail.com

SOBS offers support for those bereaved or affected by suicide through a helpline answered by trained volunteers who have been bereaved by suicide, and a network of local support groups.

CRUSE BEREAVEMENT CARE

www.cruse.org.uk

Cruse supports people after the death of someone close. Their trained volunteers offer confidential face-to-face, telephone, email and website support, with both national and local services. They also have services specifically for children and young people.

Helpline: 0844 477 9400

Email: helpline@cruse.org.uk