



Pastoral Support for Junior Doctors at the Royal Surrey

Internal support

Connect: rsch.connect@nhs.net

Single point of access for junior doctor pastoral support. This is a friendly and informal space for you to seek help if you are finding things difficult, need extra support, or just want to talk about something. No problem is too big, too small, or not relevant. We do not provide counselling or psychological support, but can point you in the right direction if this is needed.

Clinical or Educational Supervisors and the Medical Education team

Your clinical and educational supervisors are there to support your wellbeing as well as your clinical development. They are a good first place to start if you have a problem. The medical education team will also provide advice and support and can point you in the right direction if they can't sort the problem out themselves.

Here For You: www.hereforyoursurreyneh.nhs.uk

A psychologist-led service offering support to NHS workers in Surrey, including Royal Surrey staff. They offer 1:1 sessions as well as self help advice, coaching and workshops.

Occupational health – provided by Team Prevent (01327810776 or tpukl.rschteamprevent@nhs.net)

They can signpost to appropriate services if you are experiencing mental or physical health problems, and can make recommendations if adjustments are needed to hours or working environment.

CBT phone counselling service for Royal Surrey Staff: 03303 800658

Trust's wellbeing website

There are loads more resources on the Trust's wellbeing website covering everything from physical activity to domestic abuse: <https://roogle.royalsurrey.nhs.uk/health-and-wellbeing>. The site is updated regularly with new resources.

External support

GP – a very good first port of call, especially if you have a problem that could need diagnosis, treatment or referral.

Practitioner Health <https://www.practitionerhealth.nhs.uk/> - an excellent service tailored for doctors with mental health problems or addiction. They have access to CBT and can arrange other types of therapy.

You do not have to be in a training program to access this service

Professional Support Unit <https://london.hee.nhs.uk/professional-development/professional-support-unit>

Funded by HEE, they run a whole range of services for trainees, confidential 1:1 support, mental health services, coaching, careers advice, virtual group support, supported for returning trainees and support for doctors with additional needs.

Nb this service is for those in training programs

BMA 24/7 counselling services (you don't have to be a BMA member to access counselling) - **0330 123 1245**

They also have a comprehensive list of resources on their website: <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-for-doctors-and-medical-students>

Surrey-based services:

-Mind Matters: www.mindmattersnhs.co.uk/surrey / **0300 3305 450** (quote "Royal Surrey Staff" for fast-track assessment)

-Ieso digital health (online CBT): 0800 074 5560 or text MIND to 66777. www.iesohealth.com

In a crisis:

-Surrey mental health crisis line: 0800 915 4644 (no referral needed)

-Samaritans. <https://www.samaritans.org/> or call 116 123.

-SHOUT. Text: "FRONTLINE" to 85258 (24/7) or call 0300 131 7000 between 7am-11pm

-If you think you might be in danger of harming yourself, go to your nearest A&E

Connect is a service to enhance the working lives of junior doctors

We run a range of projects to help you get the best out of your time. When things are extra stressful we can ensure you have access to the right support.

Please get in touch if you would like to run a project, if you would like support for yourself or if you are concerned about a colleague.

Some of the projects we run include:

- Exercise clubs
- Hot drinks stations
- Nightshift focus
- Support after difficult events
- International doctor network

Email: rsch.connect@nhs.net



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FOR OUR COMMUNITY

