



Directory of Support Services for GPs

This advice sheet outlines support services and charities available to doctors and their families in times of hardship and stress.

North Staffordshire Support Scheme

0300 365 0135

For GPs, GP trainees and dentists. Hosted by the North Staffordshire Local Medical Committee, this scheme offers help and support with stress, distress, anxiety, careers, substance abuse or general unhappiness. Our directory of GP helpers, psychotherapists, psychiatrists and counsellors is currently being updated. Please contact the number above for more information quoting 'The North Staffordshire Support Scheme'

BMA Stress Counselling Service

0845 920 0169

For BMA members and their families. 24 hour confidential counselling service for all personal, emotional, work or study related problems.

<http://bma.org.uk/practical-support-at-work/doctors-well-being/websites-for-doctors-in-difficulty>

Doctors for Doctors

0845 920 0169

Ask to speak to a doctor-adviser

An enhancement of the BMA Counselling Service giving doctors in distress or difficulty the choice of speaking in confidence to another doctor.

Doctors' SupportLine (DSL)

0870 765 0001

Run by the charity PRIMHE (Primary Care Mental Health Education)

Doctors= SupportLine (DSL) Deirdre.mclellan@primhe.org

Hours: Mon - Fri 8pm to 10pm, Tues 9am to 2pm, Saturday Closed, Sunday 10am to 10pm.

Doctors' Support Network

0844 395 3010

www.dsn.org.uk secretary@dsn.org.uk

A DoH funded helpline for doctors. Peer support from volunteer doctors trained to offer friendly and informal support to fellow doctors who are experiencing burnout, anxiety, depression, mental distress, work difficulties, family worries or other problems that they need to talk through. The service is completely confidential, anonymous and independent. The aim is for callers to be reassured and helped to work out solutions and methods of coping with whatever is troubling them.

National Counselling Services for Sick Doctors

0870 241 0535

www.ncssd.org.uk

24 hours a day / 7 days a week. Confidential, independent advisory service for sick doctors, which is supported by the medical Royal Colleges, the Joint Consultants Committee, the BMA and other professional bodies. A network of advisers return calls from sick doctors or those worried about a sick doctor and refer to Counsellors as appropriate.

Feeling Stress BBC Website

Includes sections on: Recognising stress, Dealing with stress, Work-related stress, Tackling work stress
<http://www.bbc.co.uk/science/0/21685448>

Sick Doctors' Trust

0370 444 5163

24 hour helpline Confidential intervention and advisory service for alcohol and drug addicted doctors, run by doctors for doctors. Supported by expert advisers throughout the UK. All calls are received by the national co-ordinator and responded to within 12 hours. Sick Doctors Trust, 36 Wick Crescent, Bristol, BS4 4HG
Email: www.sick-doctors-trust.co.uk Also tel: 0117 977 6751

British Doctors and Dentists Group Helpline and Medical Council on Alcohol

020 7487 4445

MEDICAL CHARITIES

The Royal Medical Benevolent Fund

020 8540 9194

www.rmbf.org

Helps more doctors and their dependents than any other medical charity of its kind in the UK, awarding over 800k in a typical year. It provides financial assistance and support to members of the medical profession (and their families) who through illness or misfortune find themselves in need. They aim to provide a lifeline of help and understanding in times of acute crisis.

The Cameron Fund

020 7388 0796

The doctors' charity supports GPs and their families in times of poverty, hardship and distress

BMA Charities Trust Fund

The Charities Trust Fund is an umbrella body which uses donations and investment income to make donations to the Hastings Benevolent Fund and the Dain Fund enabling them to assist doctors and their dependents in times of need

Hastings Benevolent Fund

020 7388 0796

Open to all doctors in times of need. Refugee doctors= educational need. Ill health needs. Terminal Illness need

Dain Fund

020 7388 0796

Helps with educational expenses of doctors= children when an unforeseen crisis such as death or a debilitating illness threatens to disrupt their education at a critical stage

Medical Educational Trust

020 7388 0796

Helps applicants from underprivileged backgrounds to receive medical qualifications

STRESS AND GENERAL PRACTICE USEFUL RESOURCES	
TITLE	AUTHOR, PUBLISHER & ISBN No
<i>Taking Care of Doctors' Health: reducing avoidable stress and improving services for doctors who fall ill</i>	Allibone A and Ashley-Miller M Nuffield Provincial Hospitals Trust, London, 1996 ISBN 090057495X
<i>The ethical responsibilities of doctors towards themselves and their families</i>	BMA, London, 1995
<i>Stress and the Medical Profession</i>	BMA, London, 1992 ISBN 0727907581
<i>Work-related Stress Among Senior Doctors</i>	BMA, London, 2000
<i>What Stress in Primary Care: a once in your lifetime programme that will help you control stress in your practice</i>	Davies M, Chambers R RCGP London, 1999 ISBN 085084245X
<i>Managing Stress in the Primary Care Team</i>	Elliot-Binns C, Bingham L Blackwell Scientific Publications, Oxford, 1993 ISBN 063203565X
<i>Stress in Health Professionals: psychological and organisational causes and interventions</i>	Firth-Cozens J, Payne R John Wiley, Chichester, 1999 ISBN 0471998761
<i>Stress Management in Primary Care</i>	Hambly K, Muir A Butterworth-Heinemann, London, 1997 ISBN 0750627379
<i>Not Another Guide to Stress in General Practice! (2nd edition)</i>	Hambly K, Muir A Butterworth-Heinemann, London, 1997 ISBN 0750627379
<i>A Doctor's Dilemma: stress and the role of carers</i>	Holland J 1995 ISBN 1853433136
<i>Understanding Stress in Doctors' Families</i>	Rout U Ashgate, Aldershot, 2000 ISBN 1859725910
<i>Database of Activities and Initiatives in the UK Associated With Reducing GPs= Stress or Improving GPs= Well-being</i>	RCGP GP Stress Fellowship RCGP, London, 1997
<i>Stress and General Practitioners</i>	Rout U and Rout J Kluwer Academic, London, 1993 ISBN 0792388151

Practitioner Health Programme – for confidential advice phone 020 3049 4505 or email php.help@nhs.net
 BMA Counselling Service and Doctors Advisory Service 08459 200 169 www.bma.org.uk/doctors_health
 Sick Doctors Trust 0370 444 5163 www.sick-doctors-trust.co.uk
 Doctors Support Helpline 0844 395 3010 www.dsn.org.uk
 British Doctors and Dentists Group 07792 819966 www.bddg.org
 Samaritans 08457 909090 www.samaritans.org
 British Doctors and dentists family Support Group www.bddgfamilies.org.uk