

Where no weblink is given, the service can easily be found using a web search of the name, while some long links are shortened (e.g. to bit.ly links). Several individual royal colleges offer specific mentoring and support services—see your own college website for information.

Careers

- Coaching for performance or career dilemmas (Thames Valley): oxforddeanerypsu.org.uk
- Gold Guide copmed.org.uk/gold-guide-7th-edition/the-gold-guide-7th-edition A reference guide for UK postgraduate specialty training
- Foundation training reference guide <https://www.foundationprogramme.nhs.uk/sites/default/files/2018-07/Reference%20Guide.pdf>
- Sci-59: psychometric test to determine best fit specialty bma.org.uk/advice/career/applying-for-training/sci59-medical-specialty-psychometric-test
- Compare specialities: healthcareers.nhs.uk/explore-roles/compare-roles
- Dentistry careers: rcseng.ac.uk/dental-faculties/fds/careers-in-dental-surgery
- Psychiatrists' Support Service 020 7245 0412 rcpsych.ac.uk/workinpsychiatry/psychiatristsupportservice.aspx
- Royal College of Surgeons in England goo.gl/qGxu8i
- Medic Footprints: for considering leaving medicine

Support and advice

- Cruse Bereavement Care 0808 808 1677 cruse.org.uk
- womensaid.org.uk for victims of domestic violence 0808 2000 247
- For women doctors medicalwomensfederation.org.uk
- For LGBT doctors gladd.co.uk
- For doctors with disabilities hope4medics.co.uk
- Dentists' Health Support Programme
- Support & Advice Service for Surgeons goo.gl/tN3YsU
- Peer support: Tea & Empathy (Facebook) bit.do/eyuZy

Return to Training

- Supported Return to Training (SuppoRTT) <http://www.oxforddeanery.nhs.uk/about-see-oxford-local-office/medical-and-dental-policies/supported-return-to-training.aspx>

Health

- Mind: mind.org.uk 0300 123 3393
- Samaritans: samaritans.org or phone 116 123
- BMA counselling Service bma.org.uk/advice/work-life-support/your-wellbeing
- Stress-related anxiety and depression: dochealth.org.uk
- Medic Support for trainees in Thames Valley oxforddeanerycdu.org.uk/downloads/Medic_Support_Talking_Space.pdf
- National Practitioner Help Programme: php.nhs.uk
- For GPs and GP trainees in England: gphealth.nhs.uk
- Doctors' Support Network dsn.org.uk
- Managing your physical health: bit.ly/2NY6hcm
- CBT workbooks: cci.health.wa.gov.au/resources/overview

Addiction/Dependency

- Sick doctors trust sick-doctors-trust.co.uk
- British Doctors and Dentists Group bddg.org
- alcoholics-anonymous.org.uk
- Narcotics Anonymous ukna.org

Financial

- Royal Medical Benevolent Fund rmbf.org
- Help me, I'm a doctor: doctorshelp.org
- British Dental Association Benevolent Fund bdabenevolentfund.org.uk

Resilience

- Wellness resource ephysicianhealth.com/
- E-learning: lpmde.ac.uk/professional-development/elearning-support-and-self-review-modules
- Online resilience training resiliencefordoctors.com

Legal/Justice

- BMA Doctor Support Service bma.org.uk/advice/work-life-support/your-wellbeing/doctor-support-service (support for those with outstanding GMC complaint) 020 7383 6707
- BMA Law: bmalaw.co.uk/services Including will-writing and immigration
- Advisory, Conciliation and Arbitration Service acas.org.uk
- Whistle-blowing: speakup.direct 08000 724725
- professionalboundaries.org.uk support for victims & perpetrators of professional boundaries incursion.
- HEE Thames Valley guide on bullying and harassment oxforddeanery.nhs.uk/pdf/Bullyingguidance%202015.pdf
- Medical Practitioners Tribunal Service sources of support mpts-uk.org/hearing/11905.asp
- Medical Protection medicalprotection.org.uk
- Immigration: bma.org.uk/advice/employment/immigration/the-brexit-effect-on-eu-nationals
- Equality Act 2010 Guidance <https://www.gov.uk/guidance/equality-act-2010-guidance>

For Educators

- Supporting the underperforming trainee: rcplondon.ac.uk/education-practice/course/supporting-underperforming-trainee
- Return to work guidance for educators aomrc.org.uk/reports-guidance/revalidation-reports-and-guidance/return-practice-guidance

This leaflet is available at oxforddeanerypsu.org.uk where you can follow the links directly to services.

It will be reprinted periodically as services change. Contact us with suggested additions or alterations.

Inclusion in this list does not imply direct endorsement by the PSU.

Version 1.1 October 2019

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Thames Valley Professional Support Unit

We are a group of qualified coaches with a variety of skill sets and experience working alongside trainee and established doctors, dentists and pharmacists and their educators within Thames Valley. We provide:

Coaching for doctors with career dilemmas including

- Switching specialities
- Choosing sub-specialities
- Concerns balancing career and significant changes to personal life

Coaching for performance issues including

- Professional (non-clinical) concerns such as team working, communication, exam failures, organisational challenges.
- Attendance at Educational Governance meetings to support both trainees and educators
- To support production of an effective Personal Improvement Plan
- Careers workshops for Foundation trainees to support them into speciality training
- Attendance at Speciality School events for training purposes

Coaching is accessed via a referral form found on our website, which for careers can be completed by the trainee and for performance must be completed by an educator. If you'd like to discuss whether you or a trainee you work with might benefit from coaching with us, you're welcome to contact us via any of the methods on the back page.



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Additional Sources of Support

for trainee and established doctors, dentists,
pharmacists and their educators

