

## SOURCES OF SUPPORT:

- **Trust level:** Reflective Practice sessions, voluntary drop-in sessions, Occupational health, Wellbeing week, How are you feeling today toolkit- please contact for further information regarding this!
- **NHS wellbeing support:** NHS staff in England can call 0800 069 6222 and NHS staff in Wales can call 0800 484 0555, daily from 7am–11pm. Confidential text support service- can also access support by texting **FRONTLINE to 85258** for support 24/7. This service is available to all NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.
- **[Self Check Tool](#).**
- **Free Access to apps:** [#StayAlive](#), Bright Sky, WorkLifeCentral, Headspace, Unmind, Zero Suicide Alliance, [NHS grief and bereavement support](#), My Healthy Advantage App
- **NHS Practitioner health:** Support available for mental health and addiction via Self referral. A 24 hour text crisis support (current wait time is 6 weeks) system.
- **[DocHealth](#):** Psychotheapeutic service for doctors through self referrals
- **British Medical Association:** Mental health checklist, Junior Doctor Wellbeing checklist, [MIND supporting mental health at work](#), BMA counselling service available to all doctors and medical students across the UK, not just BMA members. 0330 123 1245. Partners and dependents aged 16–24 can also use the service.
- RCS England confidential helpline for peer support: 0207 869 6221, **0800 028 0199**. Advice is available **24/7** – through a HealthAssured Counsellor
- Doctors support network
- The Sick Doctors Trust – Drugs or alcohol use support
- Nurses: [Cavell Nurses Trust](#)- Primarily for nursing staff
- [Covid Recovery NHS](#)