

This leaflet provides detailed resources to enable our colleagues to reach the best support needed for their wellbeing.



Call Health, Work & Wellbeing

0151 430 1985

Available Mon-Fri 8.45am - 4.15pm



Email Health, Work & Wellbeing

hwwb.admin@sthk.nhs.uk

Anytime referrals, responses within 72 hours



Call Employee Assistance Programme Insight Healthcare

0300 131 2067

Available 24 hours a day, 7 days a week,
365 days a year



Wellbeing Resources

Lead Employer





Alcohol and Substance Misuse

For medical professionals seeking advice on issues related to alcohol or substance misuse, please find support from the below organisations.

[British Dr's and Dentists' Group](#)

[Sick Doctor's Trust](#)

Wellbeing Apps

There are a number of free wellbeing apps available for all NHS staff to access. For the most up to date list of apps, please visit NHS Practitioner Health:

VISIT: [NHS Practitioner Health Apps](#)

Doc Health

A confidential, non-profit, psychotherapeutic consultation service for all doctors.

VISIT: [Doc Health](#)

COVID-19

Working throughout a pandemic can have a big impact on our wellbeing, both mentally and physically. If you feel you need support then please visit the below websites:

[COVID-19 Resilience Hub](#)

[COVID-19 Anxiety Support](#)

Bereavement

For those who have been affected by a sudden bereavement who need support, advice and guidance call The Good Grief Trust on: 0800 2600 400 or visit their website:

[Good Grief Trust](#)

Financial Support

If you are looking for support during financial hardship or are seeking advice, then please visit the following services who provide support in times of financial need:

[The Cameron Fund](#)

[Royal Medical Benevolent Fund](#)

Contact the Money Advice helpline on: **0800 4480 826**

BMA Resources

The BMA provides wellbeing support services for doctors and medical students. Visit their website for more information.

VISIT: [BMA](#)

Practitioner Health Programme

A free, confidential NHS service for doctors and dentists across England who are experiencing mental illness and addiction problems and looking to return to clinical practice.

VISIT: [NHS Practitioner Health](#)

Samaritans

The Samaritans service supports anyone who needs to talk, including those who are at risk of suicide.

[Contact the helpline on: 116 123](#)

Doctors Support Group

The DSG aims to assist doctors and dentists who need help when coping with enormous stresses and difficulties.

VISIT: [Doctors Support Group](#)

Domestic Abuse

Call Refuge's **National Domestic Helpline** for free confidential advice, 24 hours a day

0800 20000 247

