



The issues you can get help with below include:

Accommodation

Medics on the Move - a national relocation and home search service for medics. Providing help with all aspects of moving, whether renting or buying a property.

Addiction

Addaction - a major national drug and alcohol treatment charity in the United Kingdom.

Alcohol Concern - the national umbrella body for 500 local agencies tackling alcohol-related harm and offering help to the families and friends of those with alcohol-related problems.

Alcoholics Anonymous - a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership; we are self-supporting through our own contributions. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

British Doctors and Dentists Group - a service for recovering alcoholic and drug dependent doctors, dentists and students.

Foundation66 - (Formerly known as Alcohol Recovery Project) provides quality services for those with drink with drink-related problems and their friends and families.

Freedom Arch – support with drug and alcohol addiction in Manchester.

Gamblers Anonymous - a fellowship of men and women who have joined together to do something about their own gambling problem and to help other compulsive gamblers do the same.

Tel: 08700 50 88 80

GamCare - provides support, information and advice to anyone suffering through a gambling problem. Open 8am-2am 7 days a week.

Helpline: 0845 6000 133

Tel: 020 7801 7000

Fax: 020 7801 7033

Email: info@gamcare.org.uk

Medical Council on Alcohol - an organisation of registered medical practitioners with a view to understanding of alcoholism and its prevention and the treatment and after-care of alcoholics.

Narcotics Anonymous - a non-profit, international, community based organisation for recovering addicts that's active in over 60 countries. NA members learn from one another how to live drug free and recover from the effects of addiction in their lives.

Email: helpline@ukna.org

Release - offers a range of specialist services to professionals and the public concerning drugs and the law. It provides advice to drug users, their families, friends, and statutory and voluntary agencies. Advice is free, professional, non-judgmental and confidential.

Tel: 0845 450 0215

Email: ask@release.org.uk

Sick Doctors Trust - provides early intervention and treatment for doctors suffering from addiction to alcohol or other drugs.

Bereavement

London Bereavement Forum - a forum for bereavement services throughout the Greater London area.

Cruse Bereavement Care - offers free information and advice to anyone who has been affected by a death, provides support and counselling one to one and in groups, offers education, support, information and publications to anyone supporting bereaved people, increases public awareness of the needs of bereaved people through campaigning and information service.

Helpline: 0844 477 9400

Email: helpline@cruse.org.uk or info@cruse.org.uk

Counselling and support

British Association for Counselling and Psychotherapy - their website provides a facility which enables one to search for a therapist in someone's area who might be able to help with whatever problems are presented.

Tel: 0870 443 5252

Email: bacp@bacp.co.uk

Carers UK and Carers Online - the organisation representing the UK's 5.7 million carers.

Tel: 020 7490 8818
Tel: 0345 573 369 (carer's line)
Fax: 020 7490 8824
Email: info@ukcarers.org

Citizens Advice Bureau - give free, confidential, impartial and independent advice on a limitless range of subjects, including debt, benefits, housing, legal matters, employment, immigration and consumer issues. Bureaux are open to everyone regardless of race, gender, sexuality or disability.

www.citizensadvice.org.uk or www.adviceguide.org.uk

MedNet - provides doctors and dentists working in the London Deanery area with practical advice about their career, emotional support and access to brief or longer term psychotherapy. The service operates on a strictly confidential basis.

Tel: 020 8938 2411

NHS Practitioner Health Programme - a free, confidential service for doctors and dentists who have mental or physical health concerns and or addiction problems, in particular where this may affect work. The service covers all doctors and dentists living in the London area. There are currently no arrangements for other parts of the UK, but the service accepts referrals on a cost per case basis.

Psychiatrists' Support Service, Royal College of Psychiatrists - a confidential support and advice telephone helpline to for Members or Associates of the College. It covers addictions, bullying and harassment, career pathway, discrimination, examinations, involvement with the General Medical Council or the National Clinical Assessment Service - this is not an exhaustive list.

Tel: 0207 245 0412 for the Psychiatrists' Support Service manager

Email: psychiatristssupportservice@rcpsych.ac.uk

Samaritans - available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.

Tel: 08457 90 90 90

Email: jo@samaritans.org

Take Time - a confidential service specifically for junior doctors and dentists in the Yorkshire Deanery needing help with work-related and personal difficulties which may cause anxiety, stress, depression and unhappiness.

Tel: 0113 343 4642

Email: taketime@leeds.ac.uk

Victim Support Line - the national charity which helps people affected by crime. We provide free and confidential support to help you deal with your experience, whether or not you report the crime.

Tel: 0845 30 30 900

Textphone: 020 7896 3776

Email: supportline@victimsupport.org.uk

Defence bodies

Medical Defence Union (for MDU members only) - provides expert help and advice on medico-legal and ethical matters including handling complaints, claims and GMC cases. It is staffed by a team of medico-legal advisers.

Medical and Dental Defence Union of Scotland (for MDDUS members only) - supports members with complaints made by patients against them or who are facing disciplinary matters from their employing trust. A highly qualified team of medical and dental professionals gives advice and guidance.

Medical Protection Society (for MPS members only) - provides comprehensive professional indemnity and expert advice to doctors, dentists and health professionals around the world.

Release - offers a range of specialist services to professionals and the public concerning drugs and the law. It provides advice to drug users, their families, friends, and statutory and voluntary agencies. Advice is free, professional, non-judgmental and confidential.

Tel: 0845 450 0215

Email: ask@release.org.uk

Disabilities

Association of Disabled Professionals - draws on the expertise of disabled professionals to improve the educational and employment opportunities of disabled people.

Tel: 01204 431638

Fax: 01204 431638

Email: adp.admin@ntlworld.com

Association of Medical Professionals with Hearing Loss (AMPHL) - provides information, promotes advocacy and mentorship, and creates a network for individuals with hearing loss interested in or working in health care fields.

BMA's doctors with disabilities resources - our aims to ensure that disabled medical students and disabled doctors are treated fairly and equally in their education and career, and do not face discrimination due to their disabilities.

British Dyslexia Association - the voice of dyslexic people whose vision is that of a dyslexia friendly society that enables dyslexic people to reach their potential.

Tel: 0118 966 8271 (helpline)

Email: helpline@bdadyslexia.org.uk

Deaf Professionals Network - provides an opportunity to network to share experiences. The website is primarily for

deaf professionals who live in and around London. This website can also be used as a resource for other deaf professionals who cannot attend the network meetings.

Email: enquiries@deafprofessionals.com

DIAL UK (Disability Information and Advice Line)- a national organisation for a network of approximately 130 local disability information and advice services run by and for disabled people.

Tel: 01302 310123

Disabled Living Foundation Helpline - a national charity providing free, impartial advice about all types of disability equipment and mobility products for older and disabled people, their carers and families.

Tel: 0845 130 9177

Textphone: 020 7432 8009

Email: advice@dlf.org.uk

Dyslexia Action - a national charity and the UK's leading provider of services and support for people with dyslexia and literacy difficulties.

Head office:

Tel: 01784 222300

Fax: 01784 222333

Email: info@dyslexiaaction.org.uk

Hope 4 Medics - a support group for doctors with disabilities.

Email: info@hope4medics.co.uk

Mencap - the UK's leading learning disability charity working with people with a learning disability and their families and carers.

Tel: 020 7454 0454

Email: information@mencap.org.uk

RADAR (Royal Association for Disability and Rehabilitation) - their mission is to promote change by empowering disabled people to achieve their rights and expectations and by influencing the way that they are viewed as members of society.

Tel: 020 7250 3222

Minicom: 020 7250 4119

Fax: 0870 141 0337

Email: radar@radar.org.uk

RNIB (Royal National Institute for the Blind) - supports blind and partially sighted people.

Tel: 0845 766 9999

Email: helpline@rnib.org.uk

RNID (Royal National Institute for the Deaf) - supports deaf and hard of hearing people.

Tel: 0808 808 0123

Textphone: 0808 808 9000

Email: informationline@rnid.org.uk

Wales Council for the Blind - promotes the welfare of blind and partially sighted people and the prevention of blindness. WCB is the umbrella body for visual impairment in Wales. It is an independent organisation for Wales.

Tel: 02920 473954

Fax: 029 20 470777

Email: staff@wcb-ccd.org.uk

Equal opportunities

Disability Rights Commission - for advice about the Disability Rights Commission Act 1999

Disability Discrimination Act - the legislation that is in place to promote civil rights for disabled people and protect disabled people from discrimination.

Equality and Human Rights Commission - champions equality and human rights for all, working to eliminate discrimination, reduce inequality, protect human rights and to build good relations, ensuring that everyone has a fair chance to participate in society.

Financial support

BMA Charities - a group of charities established to help all doctors and their families in times of need.

The Cameron Fund - a charity for doctors who are, or have been, general practitioners, and for their dependants. It offers help in times of poverty, hardship or distress. The Fund aims to meet the needs of its beneficiaries in the fullest and most practical ways possible.

Disability and Carers Service - an executive agency of the Department for Work and Pensions (DWP). The agency provides financial support for disabled people and carers through the administration of: Disability Living Allowance, Attendance Allowance, Carer's Allowance, Vaccine Damage Payments.

Money for Medical Students - a website providing practical, unbiased information and advice to help medical students qualify with a manageable level of student debt.

Royal Medical Benevolent Fund (RMBF) -The RMBF can consider financial assistance to doctors, medical students and their families who are facing financial crisis. Depending on individual needs and circumstances, support can be through grants, loans, information and debt management advice as well as the **Medical Student Programme**. The RMBF can also consider financial assistance with training and childcare with a back-to-work award.

Tel: 020 8540 9194

Email: help@rmbf.org

Royal Medical Foundation - a medical benevolent charity which assists UK medical practitioners and their dependants who find themselves in financial hardship.

Tel: 01372 821 011

Mental health (including eating disorders and phobias)

Anxiety UK - UK charity aiming to promote the relief and rehabilitation of people suffering with anxiety disorders through information and provision of self-help services

Beat - UK charity for people with eating disorders and their families.

Tel: 0845 634 1414

Depression Alliance - UK charity for people affected by depression, offering help to people with depression, run by sufferers themselves. Their website contains information about the symptoms of depression, treatments for depression, as well as Depression Alliance campaigns and local groups.

Tel: 020 7633 0557

Doctors Support Network (DSN) - provides ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.

Eating Disorders Association - runs helplines for people who wish to talk about eating disorders and to obtain information about help available in their locality.

Adult helpline

Tel: 0845 634 1414

Email: helpmail@edauk.com

House Concern - a specialist psychotherapy service for all doctors and dentists in the Northern Deanery region, and an educational service for all health professionals. It offers a self-referral, rapid access and highly confidential service.

Tel: 0191 230 0043

Email: houseconcern@ntw.nhs.uk

The Manic Depression Fellowship - charity for people whose lives are affected by manic depression. It aims to enable people affected by manic depression (bi-polar) to take control of their lives through its services.

Tel: 020 7793 2600

Email: mdf@mdf.org.uk

MedNet - provides doctors and dentists working in the London Deanery area with practical advice about their career, emotional support and access to brief or longer term psychotherapy. The service operates on a strictly confidential basis.

Tel: 020 8938 2411

The Mental Health Foundation - provides the latest news and events on mental health issues, as well as information on problems, treatments and strategies for living with mental distress.

Tel: 020 7802 0300

Email: mhf@mhf.org.uk

MIND - a mental health charity in England and Wales, working to create a better life for everyone with experience of mental distress.

Tel: 0845 766 0163 (MindinfoLine)

Email: contact@mind.org.uk

National Phobias Society - a national registered charity providing support for those affected by anxiety disorders.

Tel: 0870 7700 456 (helpline)

Email: nationalphobic@btconnect.com

NHS Practitioner Health Programme - a free, confidential service for doctors and dentists who have mental or physical health concerns and or addiction problems, in particular where this may be affecting work. The service covers all doctors and dentists in the London area. There are currently no arrangements in place for other parts of the UK, but the service accepts referrals on a cost per case basis.

SANE - SANELINE offers practical information, crisis care and emotional support to anybody affected by mental health problems.

Tel: 0845 767 8000 (from 12 noon to 2am)

Relationships

Marriage Care - supports people through the best and worst of times in their marriages and family relationships.

Tel: 0845 660 6000 (helpline, lines open Mon- Fri, 10am - 4pm)

Email: info@marriagecare.org.uk

National Family Mediation - a network of local not-for-profit Family Mediation Services in England and Wales offering help to couples, married or unmarried, who are in the process of separation and divorce.

Tel: 01392 271610 (9.00am - 5.00pm (Monday - Friday))

Fax: 01392 271945

Email: general@nfm.org.uk

Relate - the UK's largest and most experienced relationship counselling organisation helping people to work through their relationship difficulties and reach their own decisions about the best way forward.

Tel: (lo-call) 0845 456 1310 or 01788 573241

Women's Aid - a national charity working to end domestic violence against women and children; supporting a network of over 500 domestic and sexual violence services across the UK.

Royal Colleges

Royal College of Obstetricians and Gynaecologists Mentoring Scheme - aimed at obstetricians and gynaecologists who have been experiencing difficulties in relation to their work. Mentors are Fellows or Members of the College who have had mentoring training. The RCOG provides mentors from a range of backgrounds and localities.

Tel: 020 7772 6369

Email: cdhillon@rcog.org.uk

Royal College of Surgeons Confidential Support and Advice Services for Surgeons (CSAS) - offers a confidential telephone line as a point of personal contact between surgeons which is intended to offer a listening ear and will act as an informed signpost to appropriate sources of advice and support.

Tel: 020 7869 6030

Email: csas@rcseng.ac.uk

Stress

International Stress Management Association - promotes sound knowledge and best practice in the prevention and reduction of human stress.

Tel: 0700 780430

Training and education

Clinic for Boundaries Studies - UK organisation which works around all aspects of professional boundaries and prevention of boundary violation.

Tel: 0203 468 4194

National Clinical Assessment Service (NCAS) - a division of the National Patient Safety Agency which helps the NHS in handling concerns about the performance of doctors and dentists.

For everything except case advice or support please call the switchboard number: 020 7084 3850

For new case advice in England or Northern Ireland call the London office advice line: 020 7062 1655

Fax: 020 7084 3851

Email: advice.service@ncas.npsa.nhs.uk

For new case advice in Wales please call the Cardiff office: 029 2044 7540

Fax: 029 2044 7549

NCAS Directory of Resources to Support Doctors and Dentists - helps with the implementation of recommendations following an NCAS assessment of a doctor or dentist. It should also be useful in supporting educational programmes for doctors and dentists generally and for identifying further training and programmes following determinations made by the General Medical Council or General Dental Council.

Medical Women's Federation - represents the interests of women doctors to government and national bodies, bringing together women trying to advance their medical careers.

Tel: 020 7387 7765

Email: admin.mwf@btconnect.com

Wessex Insight - a confidential, educational support service for those who pay the Wessex LMCs levy. Wessex Insight is targeted at the common issues faced by many GPs which the Wessex LMCs and Wessex Deanery feel can be helped by access to the right intervention, at the right time and at an affordable cost (subsidised by a learning bursary).

Tel: 02380 253874

Women in Surgical Training - The mission of the Royal College of Surgeons of England is to encourage, enable and inspire women to fulfil their surgical ambitions.

Tel: 020 7869 6212

Email: wist@rcseng.ac.uk