

Sources of Personal Help For Doctors

(Sometimes also their dependents and staff)

National Services

Samaritans

08457 90 90 90

Email: jo@samaritans.org

www.samaritans.org.uk

BMA website

http://www.bma.org.uk/doctors_health/index.jsp

BMA Doctors for Doctors Advisory Service and BMA Counselling Service:

24h support with immediate access to trained counselors (for BMA members and their families)

08459 200 169

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.

British Doctors and Dentists Group

Provides venues for doctors and dentists recovering from substance abuse to meet for mutual and entirely confidential support and encouragement

0870 444 5163

020 7487 4445

0845 920 0169

<http://www.bddg.org/page.php?id=1>

Doctors' Support Network (DSN)

Self-help group for doctors with mental illness

PO Box 360, Stevenage, SG1 9AS. Tel: 0870 321 0642

www.dsn.org.uk

DSN has a Doctors' Support Line staffed by trained volunteer doctors.

This provides a confidential and anonymous service for doctors for both professional and personal concerns. Tel: 0870 765 0001

Sick Doctors Trust

Sick Doctor Trust, 36 Wick Crescent, Bristol, BS4 4HG 0870 444 5163

Early intervention and treatment for doctors addicted to alcohol or other drugs.

Help with recovery and rehabilitation for affected colleagues and their families

All calls are received by the national co-ordinator and responded to within 12 hours.

<http://www.sick-doctors-trust.co.uk/>

Thames Valley Services

Dovedale Counselling

National Provider of confidential counseling services for healthcare professional
(contracted by Berks and Oxon but not Bucks PCTs)

0800 214 307

www.dovedale.co.uk

www.dovedale.co.uk/GP-CARE

Oxfordshire PCT

PTH Group

<http://nww.oxfordshirepct.nhs.uk/HumanResources/Pages/OccupationalHealth.aspx>

<http://www.pthgroup.co.uk/>

Bucks PCT Occupational Health

http://www.buckspct.nhs.uk/?page_id=100

(1) Wycombe Hospital
Queen Alexander Rd
High Wycombe
Bucks, HP11 2TT
01494 425082

(2) Manor House
6 Manor House Close
Bierton Rd
Aylesbury
Bucks, HP20 1EG
01296 504 473

East Berkshire PCT

Occupational Health Service

Wexham Park Hospital

Wexham St

Slough

Berks, SLH2 4HL

Tel: 01753 633000

Fax: 01753 634848

West Berks PCT

Occupational Health Service

Royal Berks Hospital NHS Trust

21 Craven Rd

Reading

Berks, RG1 5LE

Tel: 0118 987 7634

Fax: 0118 987 8778

Milton Keynes PCT

Occupational Health Department

MK General Hospital

Eaglestone
Standing Way
Milton Keynes
MK6 5LD
01908 243609

http://www.mkgeneral.nhs.uk/about/occupational_health.asp

MK PCT funded Service

EAP (Employees Assistance Programme)

0800 072 7 072

24h personal support service (family members also covered)

Counselling (telephone and face to face) and "Life management"

Run by ICAS (Independent Counselling and Advisory Services Ltd)

<http://www.axa-icas.com/>