

External Support Resource List

Issue/Problem Area	Organisation	Contact Details
Alcohol Abuse	<p>Alcoholics Anonymous</p> <p>Alcoholics Anonymous is a gathering of men and women who share their experience, strength and hope with each other, that they may recover and help others to recover from alcoholism.</p>	<p>www.alcoholics-anonymous.org.uk</p> <p>0845 769 7555</p> <p>help@alcoholics-anonymous.org.uk</p>
Alcohol Abuse	<p>Alcohol Concern</p> <p>Alcohol Concern acts as 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.</p>	<p>http://www.alcoholconcern.org.uk/</p> <p>0300 123 1110 weekdays 9am – 8pm, weekends 11am – 4pm</p> <p>contact@alcoholconcern.org.uk</p>
Bereavement	<p>Cruse Bereavement Care</p> <p>Offers free information and advice to anyone who has been affected by a death.</p>	<p>www.crusebereavementcare.org.uk</p> <p>0844 477 9400 Email: helpline@cruse.org.uk</p>
Carers Support	<p>Carers UK</p> <p>Millions of people are caring for elderly relatives, sick friends or disabled family members. They often do it unpaid or without support. Carers UK can provide information, advice and support for carers.</p>	<p>www.carersuk.org</p> <p>Carers Line: 0808 808 7777 – Monday to Friday, 10am to 4pm</p> <p>advice@carersuk.org</p>
Crime	<p>Victim Support Line</p>	<p>08 08 16 89 111</p>

	<p>Victim Support is the national charity which helps people affected by crime. They provide free and confidential support to help deal with the experience.</p>	<p>Weekdays 8am to 8pm, weekends 9am to 7pm, bank holidays 9am to 5pm</p> <p>www.victimsupport.org.uk</p>
Disability	<p>Association of Disabled Professionals</p> <p>Draws on the expertise of disabled professionals to improve the educational and employment opportunities of disabled people.</p>	<p>www.hope4medics.co.uk/</p> <p>info@hope4medics.co.uk</p>
Disability	<p>Hope 4 Medics</p> <p>A support group for doctors with disabilities.</p>	<p>www.hope4medics.co.uk/</p> <p>info@hope4medics.co.uk</p>
Disability	<p>Scope</p> <p>Scope provides support, information and advice to more than a quarter of a million disabled people and their families every year.</p>	<p>0808 800 3333</p> <p>9am – 5pm weekdays helpline@scope.org.uk</p> <p>https://www.scope.org.uk/</p>
Domestic Violence	<p>Women’s Aid</p> <p>Key national charity working to end domestic violence against women and children; supports a network of over 500 domestic and sexual violence services across the UK.</p>	<p>0808 2000 247</p> <p>www.womensaid.org.uk</p> <p>helpline@womensaid.org.uk</p>
Drug & Alcohol Abuse	<p>Addaction</p> <p>Addaction is the UK’s leading drug and alcohol charity.</p>	<p>http://www.addaction.org.uk/</p>

Drug & Alcohol Abuse	British Doctors & Dentists Group (BDDG) The BDDG is a service for recovering alcoholic and drug dependent doctors and dentists.	www.bddg.org 0779 2819 966 info@bddg.org
---------------------------------	---	--

Drug & Alcohol Abuse	Sick Doctors Trust Support for doctors and medical students suffering any degree of dependence on drugs or alcohol.	http://www.sick-doctors-trust.co.uk/ 0370 444 5163
Dyslexia	Dyslexia Action Dyslexia Action is a national charity and the UK's leading provider of services and support for people with dyslexia and literacy difficulties.	Head office: 0300 303 8357 Nottingham: 0115 948 3849 Derby: 01332 365359 Leicester: 0116 251 1525 Lincoln: 01522 539267 www.dyslexiaaction.org.uk info@dyslexiaaction.org.uk
Dyspraxia	Dyspraxia UK Dyspraxia UK is a group of specialist Occupational Therapists who provide assessments and reports for people with dyspraxia	www.dyspraxiauk.com 01223 967897 Monday to Friday, 9am to 1pm enquiries@dyspraxiauk.com
Emotional Distress	Samaritans Provides confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.	08457 909090 – available 24 hours a day www.samaritans.org jo@samaritans.org

Financial	<p>The Cameron Fund</p> <p>The Fund is 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.</p>	<p>020 7388 0796</p> <p>www.cameronfund.org.uk</p> <p>info@cameronfund.org.uk</p>

Financial	<p>Royal Medical Benevolent Fund</p> <p>Depending on individual needs and circumstances, RMBF is able to provide grants, loans, information, advice, clothes parcels and payments to assist with domestic and financial crises or help with childcare and other costs.</p>	<p>020 8540 9194</p> <p>www.rmbf.org</p> <p>help@rmbf.org</p>
Gambling	<p>GamCare</p> <p>Provides support, information and advice to anyone suffering because of gambling.</p>	<p>www.gamcare.org.uk</p> <p>0808 8020 133 – 8am till midnight, 7 days per week</p>
General	<p>Doctors for Doctors Unit & BMA Counselling</p> <p>Doctor advisors provide help to doctors who find themselves in difficulty, be it through giving them reflective space to talk through issues or</p>	<p>08459 200 169 – available 24 hours/day 7 days a week</p> <p>For more information: http://bma.org.uk/practical-support-at-work/doctors-well-being/about-doctors-for-doctors info.d4d@bma.org.uk</p>

	signposting to more appropriate organisations.	
GMC	<p>Doctor Support Service</p> <p>A confidential service run by the BMA to support and advise any doctor facing a complaint made to the GMC.</p>	<p>http://bma.org.uk/doctorsupportservice</p> <p>020 7383 6707 Monday- Friday 9am- 5pm</p> <p>doctorsupportservice@bma.org.uk</p>
Government Issues	<p>Citizens Advice Bureau</p> <p>Gives free, confidential, impartial and independent advice on a limitless range of subjects, including debt, benefits, housing, legal matters, employment, immigration and consumer issues.</p>	<p>www.citizensadvice.org.uk</p>
International Doctors	<p>British International Doctors Association</p> <p>BIDA aims to protect and promote the interests of overseas doctors, by highlighting the problems they face and developing policies on the health care of ethnic minorities.</p>	<p>0161 456 7828</p> <p>http://www.bidaonline.co.uk/</p> <p>bida@btconnect.com</p>
Legal & Ethical Support	<p>Medical Defence Union</p> <p>For MDU members, the union 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.</p>	<p>0800 716 646 24hour service</p> <p>http://www.themdu.com/</p> <p>advisory@themdu.com</p>
Mental Health	Rethink	

	Offers confidential support, information and emotional support to any adult who has a mental health problem, carers and professional agencies.	0300 5000 927 Advice Service open 10am to 2pm Mon to Fri http://www.rethink.org/ advice@rethink.org
Mental Health	Depression Alliance Depression Alliance is the leading UK charity for people affected by depression, run by sufferers themselves.	0845 123 23 20 www.depressionalliance.org information@depressionalliance.org
Mental Health	Doctors Support Network Provision of ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.	0844 395 3010 Mon, Tues: 8pm - 11pm. Weds, Thurs, Fri: 8pm - 10pm www.dsn.org.uk info@dsn.org.uk

Mental Health	B-eat B-eat provides helplines, online support and a network of UK-wide self-help groups to help adults and young people in the UK beat their eating disorders.	0845 634 1414 Monday to Friday 10.30am to 8.30pm and Saturdays 1.00pm - 4.30pm http://www.b-eat.co.uk/ help@b-eat.co.uk
Relationships & Family	National Family Mediation NFM is a network of local Family Mediation Services in England which offers help to couples, married or unmarried, who are in the process of separation and divorce.	0300 4000 636 – 9am-5pm Mon-Fri www.nfm.org.uk

Relationships & Family	Relate Counselling, support and information for all relationships.	http://www.relate.org.uk/ 0300 100 1234 – please note this service charges a fee for support.

Disclaimer of Endorsement

The Professional Support Unit, part of the Health Education England, provides these details as a resource for medical trainees.

This does not constitute or imply an endorsement or any recommendation of the listed organisations, nor does it necessarily mean that the views they express or the services they offer are in line with that of the Professional Support Unit.

This selection of resources is in no way intended to represent an exhaustive listing.