

## Support Resources

### Royal College of Psychiatrists

RCPsych Psychiatrists Support Service can be contacted for support: [pss@rcpsych.ac.uk](mailto:pss@rcpsych.ac.uk)

More information on the website:

<https://www.rcpsych.ac.uk/members/supporting-you/psychiatrists-support-service>

A list of services for additional support can be found here:

<https://www.rcpsych.ac.uk/members/supporting-you/psychiatrists-support-service/further-help>

Additional mental health support can be found here:

- Practitioners Health Programme (PHP) <http://php.nhs.uk/>
- Suggest they contact the Doctors Support Network [www.dsn.org.uk](http://www.dsn.org.uk) (peer support).
- BMA Counselling and Doctors for Doctors service: [www.bma.org.uk/advice/work-life-support/your-wellbeing](http://www.bma.org.uk/advice/work-life-support/your-wellbeing)

RCPsych mental health [leaflet on bereavement](#),

### NHS

- <https://people.nhs.uk/guides/bereavement-support-during-covid-19/steps/further-resources/> (there are links to several external websites anyone can access)
- <https://www.bma.org.uk/advice-and-support/your-wellbeing> (advice and support for doctors)
  - [NHS England and NHS Improvement](#) is offering **NHS colleagues** free access to psychological and practical support and a list of support can be found [HERE](#)

#### **This includes:**

- A free wellbeing support helpline **0300 131 7000** available from 7am – 11pm seven days a week, providing confidential listening from trained professionals and specialist advice, including coaching, bereavement care, mental health and financial help.
- A 24/7 text alternative to the above helpline - simply text **FRONTLINE** to **85258**.
- An [online portal](#) with peer-to-peer, team and personal resilience support.
- A bereavement and loss support line 0300 303 4434 available from 7am -11pm
- [#Caring4NHSpeople wellbeing webinars](#). These are designed for people in workforce, occupational health, organisational development, leadership, trade union support or

any other area that is supporting the wellbeing of our NHS people during and following the COVID-19 response

## Apps

Get free access to a number of wellbeing apps until the end of December 2020.

Use your **nhs.net** email address to sign up and download.

Those on offer include:

- [Unmind](#)
- [Headspace](#)
- [Sleepio](#)
- [Daylight](#)

## Webinars

Free Access to the latest information and support:

- <http://horizonsnhs.com/caring4nhspeople/>
- <https://www.practitionerhealth.nhs.uk/>

## External links for support

Support website	Resources available
<a href="#">Mind</a>	Information on bereavement, where to go for support, and suggestions for helping yourself and others.
<a href="#">NHS.co.uk</a>	Support for grief after bereavement or loss, and provides tips on what you can do, and what you should try to avoid.
<a href="#">Care for the Family</a>	Guidance, articles, tips and support on the different types of bereavement situations, such as supporting a bereaved person and bereaved parent support.
<a href="#">SupportLine</a>	Guidance on how to support bereaved individuals and how to support yourself through a variety of problems. It includes contact details for agencies who can provide additional support.
<a href="#">Domestic Abuse advice guidance</a>	Domestic abuse: get help during the coronavirus (COVID-19) outbreak