

Looking after your wellbeing during the pandemic

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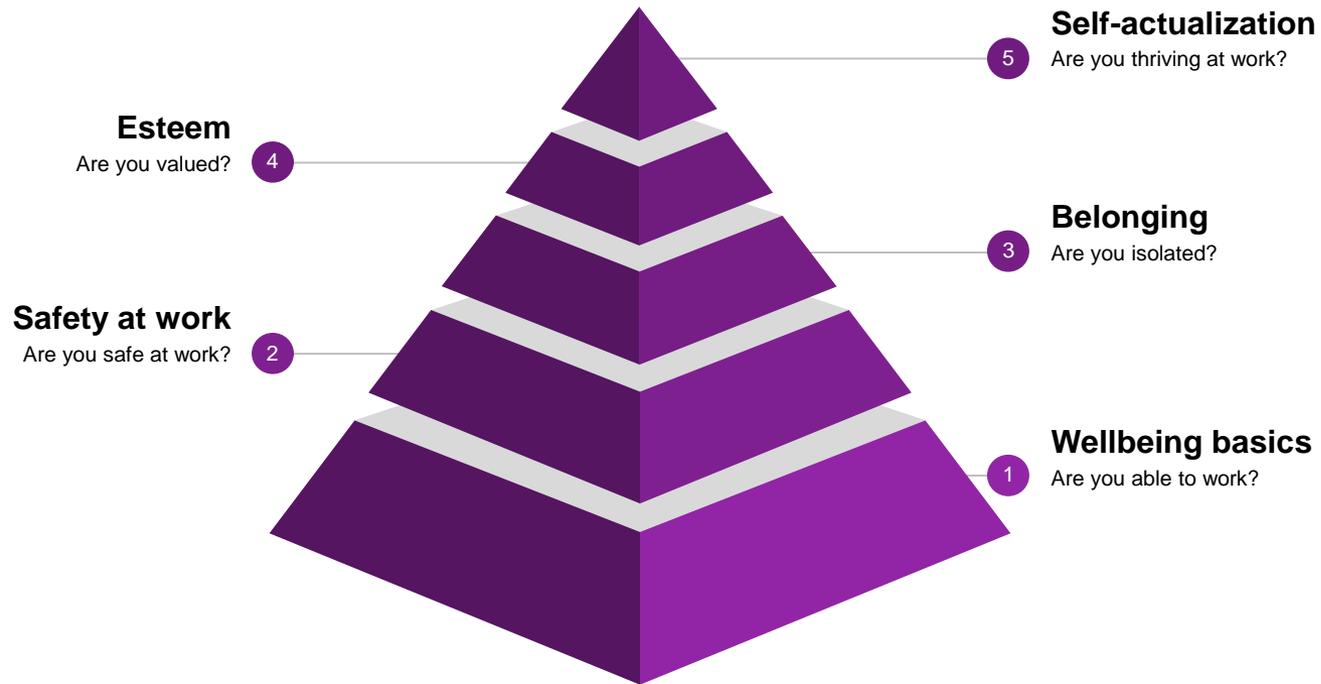
CONTEXT

- On going unprecedented crisis
- Impacts on all factors affecting wellbeing
- Experiences are unique to each individual

- Long term recovery

Wellbeing guide for doctors working in psychiatry

using Maslow's Hierarchy of Needs





- Free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties.
- The service is totally confidential and delivered by trained Doctor Advisor/ College members.
- The service is available during office hours Monday to Friday.
- **To contact the support service:** telephone helpline on 020 7245 0412; Email in confidence at pss@rcpsych.ac.uk

ARE YOU ABLE TO WORK?

Royal College of Psychiatrists: Guidance for Clinicians

COVID-19: Wellbeing and support

Whether you're looking to protect your own wellbeing, or support your team and colleagues through this pandemic, the College has a number of resources to help you.

Taking care of yourself



Supporting other healthcare professionals



Organisational wellbeing



ARE YOU SAFE?

Royal College of Psychiatrists: eLearning for clinicians

This eLearning hub has been developed to support psychiatrists and other clinicians working in mental health settings in gaining or refreshing knowledge and skills to support patients and staff during the COVID-19 outbreak.

ARE YOU BELONGING?

Royal College of Psychiatrists: The roles and work of psychiatrists during the pandemic

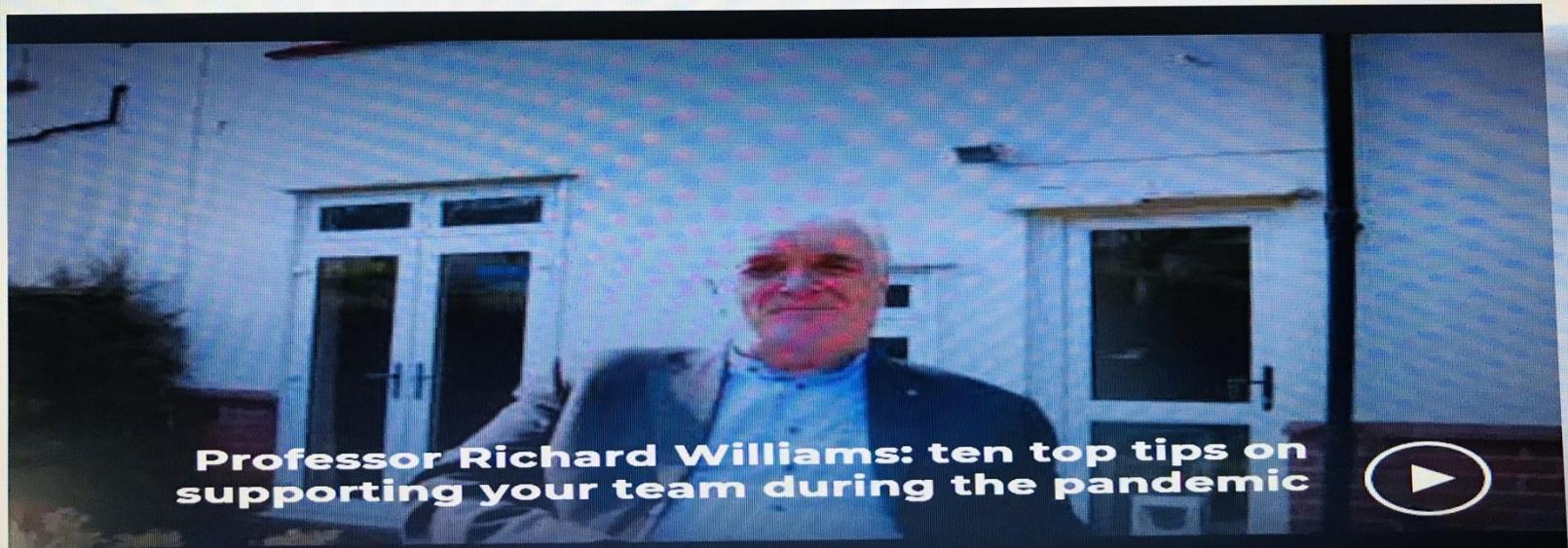
- This document identifies the important role that psychiatrists continue to have during the COVID-19 pandemic in delivering care for their patients and it describes a preventative model of occupational mental health for psychiatrists who are invited to assist their colleagues in general hospitals and the temporary COVID-19 hospitals.

ARE YOU VALUED?

Royal College of Psychiatrists: TOP TEN messages for supporting your team

Supporting your team

Professor Richard Williams provides ten invaluable tips on caring for your healthcare team, while they provide care for patients during the pandemic.



ARE YOU THRIVING AT WORK?

Royal College of Psychiatrists: Next Steps

- Engagement ,involvement and inclusion are key
 - Ongoing emergencies: COVID-19 risks in BAME population; PPE; testing
 - Recovery in the long term
 - Submit your queries/questions on the RCPsych website
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- BE KIND
 - STAY CONNECTED
 - ASK FOR HELP IF YOU STRUGGLE!