

# **Welcome**

# to the Royal College of Psychiatrists

## **Affiliation and Association with the Royal College of Psychiatrists**

Here is a brief guide to the Royal College of Psychiatrists

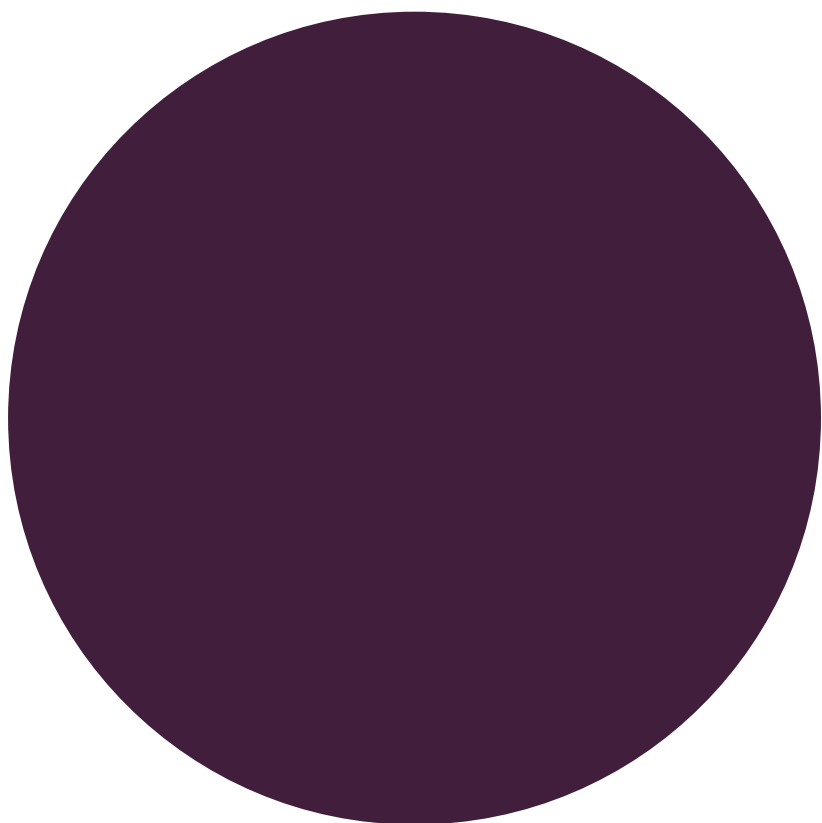
For more information and the latest developments see [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)





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# Letter from the President



**Lade Smith CBE**  
**President**

Dear Colleague

I am delighted to welcome you to the Royal College of Psychiatrists. This booklet describes some of the activities and initiatives which I hope will support and enable you in your practice as a psychiatrist.

The Royal College of Psychiatrists prides itself on being a modern and forward-looking organisation which engages with and informs its members and associates regarding the many developments affecting your practice as a psychiatrist.

The College now employs over 200 staff based in our national headquarters in Prescot Street, close to the City of London. This is in addition to our important offices in England and the Devolved Nations in Northern Ireland, Scotland and Wales, and the International Advisory Committee supporting the growing work of our International Divisions.

I am often asked what the Royal College of Psychiatrists actually does. Well, the College is its members and associates and you are now part of the College. It is an independent organisation and Officers and staff are here to carry out the policies determined by members of the College and to support you in any way we can.

It is important that the College and its elected Officers hear your views, and we are eager that you participate in the work of the College and help to shape its future.

# Your College Officers



## **The President - Lade Smith CBE (2023 - 2026)**

Elected by the Membership for a maximum period of 3 years, the President is the public face of the College, representing the profession of psychiatry to the media, to parliamentarians, to the other medical professions via the Academy of Medical Royal Colleges and internationally. The President also chairs the Board of Trustees and Council.



## **The Registrar - Owen Bowden-Jones (2025 - 2030)**

Elected by the Membership for a maximum period of 5 years, the Registrar is responsible for policy, communications and membership rapport. The Registrar is also responsible for the membership register, may deputise for the President, when relevant, and may be called upon to represent the College's views to the media.



## **The Dean - Subodh Dave (2021-2026)**

Elected by the Membership for a maximum period of 5 years, the Dean is responsible for education and training, and the management of the MRCPsych examinations. The Dean also oversees postgraduate training, among other educational, research and academic responsibilities.



## **The Honorary Treasurer - Ian Hall (2025 - 2030)**

Elected by the Membership for a maximum period of 5 years, the Treasurer is the principal financial officer of the College and is tasked with ensuring the College is able to fund its charitable objectives in the short and the longer term.

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Other College Officers and Office Holders include the Chief Examiner, the Editor, College Leads, Specialist Advisors, Associate Registrars and Associate Deans, all with specific responsibilities. Some of these positions are elected by ballot of the Membership, others by interview following advertisement in the eNewsletter and on the College website. For further details about any of these positions, contact [infoservices@rcpsych.ac.uk](mailto:infoservices@rcpsych.ac.uk).

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# Your benefits

## Benefits of becoming an Affiliate, Specialist Associate or International Associate of the College include:

- College journals –  
*Online access of The British Journal of Psychiatry, BJPsych Bulletin and BJPsych International, BJPsych Advances, and Australasian Psychiatry*
- Option to opt in to print copies of two journals
- Continuing Professional Development -Registration for CPD Submissions to provide annual certification
- Discounted subscription to eLearning Hub the College's learning modules
- Access to Portfolio Online and MRCPsych eLearning to support trainee Psychiatrists
- Monthly eNewsletter – keeping you up to date with the latest developments
- The opportunity to attend College meetings and conferences
- Reduced rates for the College's International Congress
- 30% discount on RCPsych books and academic books published by Cambridge University Press and 25% discount on Stahl Masterclass and Stahl Online
- Local Division membership and access to your Regional Advisor
- Involvement with Specialist Faculties and Special Interest Groups – opportunities to meet colleagues, network, and contribute to the development of your specialty and interests
- Eligibility to join the Friends of the College Archives
- Get involved in developing College policy through committees, working groups and consultation exercises
- A chance to receive professional recognition at the annual RCPsych Awards
- Confidential access to the Psychiatrists' Support Service
- Access to our Library and Information Services – literature searches and document delivery, online access to journals, book loans and a place to work when you are visiting the College
- 40% discount for private room hire at the College's headquarters
- Opportunity to purchase merchandise
- Opportunity to join the international volunteer programme
- Eligibility to purchase a Totum student discount card.

# Our Values and Behaviours

At the RCPsych, we want to build a consistent culture that is positive, empowering and enabling for all of our staff and members. Our **values** underpin everything that we do and what we expect from our staff and members involved in College work.

Please take the time to look at our values and behaviours and think about how you can play your part.

## COURAGE

- Champion the specialty of psychiatry and its benefits to patients
- Take every opportunity to promote and influence the mental health agenda
- Take pride in our organisation and demonstrate self-belief
- Promote parity of esteem
- Uphold the dignity of those affected by mental illness, intellectual disabilities and developmental disorders

## INNOVATION

- Embrace innovation and improve ways to deliver services
- Challenge ourselves and be open to new ideas
- Seek out and lead on new, and where possible evidence-based, ways of working
- Have the confidence to take considered risks
- Embrace the methodology of Quality Improvement to improve mental health services and the work of the College

## RESPECT

- Promote diversity and challenge inequalities
- Behave respectfully – and with courtesy - towards everyone
- Challenge bullying and inappropriate behaviour
- Value everyone's input and ideas equally
- Consider how own behaviour might affect others
- Respect the environment and promote sustainability
- Positively embrace new ways of working

## COLLABORATION

- Work together as One College – incorporating all members, employees, patients and carers
- Work professionally and constructively with partner organisations
- Consult all relevant audiences to achieve effective outcomes for the College
- Work together with patients and carers as equal partners
- Be transparent, wherever possible and appropriate

## LEARNING

- Learn from all experiences
- Share our learning and empower others to do the same
- Value and encourage personal feedback
- Use feedback to make continuous improvements
- Create an enabling environment where everyone is listened to, regardless of seniority
- Positively embrace new ways of working

## EXCELLENCE

- Deliver outstanding service to members, patients, carers and other stakeholders
- Promote excellent membership and employee experience
- Always seek to improve on own performance
- Promote professionalism by acting with integrity and behaving responsibly
- Demonstrate accountability in all that we do
- Uphold the College's 'Core Values for Psychiatrists'
- Positively embrace new ways of working





# Your College services

## Membership Data Team

The membership team is dedicated to supporting all members and we welcome every opportunity to assist you with your enquiries. We can be contacted via email at [membership@rcpsych.ac.uk](mailto:membership@rcpsych.ac.uk). If you prefer to speak to someone you can call us on 0208 618 4100.

Please keep us updated with your current contact information and employment positions to ensure you always receive the most out of your membership.

You can access your personal dashboard in the secure members' area via the College website [www.rcpsych.ac.uk/membersarea](http://www.rcpsych.ac.uk/membersarea). Here you can access subscription receipts, set up and amend your direct debit, keep up to date with your CPD Submissions and book College events.

# The College Library

All members have access to the [College Library](#), the primary benefit of which is RCPsych Athens accounts, which give you access to our wide range of online journals, databases and ebooks.

Library staff can offer training and research assistance, such as literature searching and interlibrary loans.

We also have a Library on the ground floor of the Prescott Street office, where you can study and borrow books.

Contact [infoservices@rcpsych.ac.uk](mailto:infoservices@rcpsych.ac.uk) to get started.

## Psychiatrists' Support Service

The [Psychiatrists' Support Service](#) provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties.

Our service is totally confidential and delivered by trained Doctor Advisor College members.

The service is available during office hours Monday to Friday but a call with a Doctor Advisor can be arranged for out of hours.

To contact the support service call our dedicated telephone helpline on 0208 618 4020 or email us in confidence at [pss@rcpsych.ac.uk](mailto:pss@rcpsych.ac.uk)

More information can be found on our website: [www.rcpsych.ac.uk/pss](http://www.rcpsych.ac.uk/pss).

## Psychopharmacology Committee

Are you interested in the role of medicines in psychiatry?

Would you be interested to hear about developments in this area and/or help the College develop best practice and guidance for College members and patients?

If so, sign-up to receive communications from the [Psychopharmacology Committee](#). You can expect to receive one committee newsletter per year and additional shorter updates during the year. You can also volunteer to get involved in committee activities.



# Continuing Professional Development (CPD)

Continuing Professional Development (CPD) is a process of self-assessed, self-directed, lifelong learning that complements formal undergraduate and postgraduate education and training. It enables psychiatrists to acquire new knowledge and skills as well as to maintain and improve their standards across all areas of their practice.

To help you log your CPD to show in your appraisal, we provide a service called CPD Submissions.

## What is CPD Submissions?

CPD Submissions lets you log your CPD activity and peer group membership and generate an RCPsych CPD certificate of good standing.

The College's CPD scheme is open to current Members, Fellows, Affiliates, Specialist Associates and International Associates, who can use the College's programme to show that they are in good standing for CPD by:

- being an active member of a peer group that meets at least four times a year
- undertaking at least 50 credits of CPD activity (authorised by the peer group) annually.

When these minimum requirements have been met, the College will issue a CPD certificate of good standing.

To support with this process the CPD team have created a series of [video guides](#) - to help college members navigate our CPD submissions programme. It contains all the steps from first registration to final submission and downloading of your certificate. You can also find detailed guidance and information about [submitting your CPD on the website](#).

If you have any further queries or wish to speak to a member of the CPD Submissions team they can be contacted on [cpdqueries@rcpsych.ac.uk](mailto:cpdqueries@rcpsych.ac.uk) or by calling 0208 618 4160.



# Your journals

Your Membership includes Online access to the College journals.



- *The British Journal of Psychiatry* – one of the world's leading journals for research in psychiatry, as well as editorials and reviews. Be sure to activate your online access (see p.10) to make full use of this resource.
- *BJPsych Bulletin* – prioritises research, opinion and informed reflection on the state of psychiatry, management of psychiatric services, and education and training in psychiatry. It provides essential reading and practical value to psychiatrists and anyone involved in the management and provision of mental healthcare.
- *BJPsych Advances* – distils current clinical knowledge into a single resource, written and peer-reviewed by expert clinicians to meet the CPD needs of consultant psychiatrists.
- *BJPsych Open* – is a high-quality, online-only open access journal for the publication of all methodologically sound research in psychiatry and disciplines related to mental health.
- *BJPsych International* – provides an overview of current policy and practice in psychiatry in different countries around the world. It is a platform for authors from low- and middle-income countries, sometimes writing in partnership with colleagues elsewhere. Submissions from authors from International Divisions of the Royal College of Psychiatrists are particularly encouraged.

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Members also get free access to the online version of [Australasian Psychiatry](#).

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# Online Journals

Your journal delivery will now commence and any back issues to which you are entitled will be ordered from our distributors. The BJPsych journal portfolio is hosted online by Cambridge University Press on Cambridge Core. *BJPsych Bulletin*, *BJPsych International*, and *BJPsych Open* are open access with no login needed. You can use your RCPsych member login details to get full access to the latest content of *The British Journal of Psychiatry* and *BJPsych Advances*. Follow the instructions below to set up your online access:

1. Navigate to the RCPsych hub on Cambridge Core: [www.cambridge.org/rcpsych](http://www.cambridge.org/rcpsych)
2. Click the blue **Log in** button that appears in the top right-hand corner of the page (or in the menu icon if you are using a mobile device).
3. On the **Login Options** page, select **RCPsych** in the **Select your society** drop-down menu, and click **Log in**.
4. If you are already logged into the RCPsych website, you will be granted access to the RCPsych journals. If you are not already logged into **My RCPsych**, the system will automatically redirect you to the College login page, where you should enter your member username and password as usual and you will then be taken back to the journals site to access the content.

*Please note, on your first visit to the Cambridge Core journals site you will be asked to complete a simple and quick registration process and to agree to the Terms and Conditions governing your use of the site.*

For full guidance for this set up process, please [visit the website](#).

Online access to *Australasian Psychiatry* is available via your online member dashboard.





# Printed Journals

RCPsych members can [opt-in](#) to two print copies at no extra charge. We have also [answered any questions](#) you might have about the opt-in model.

You will need to opt in to receive the print issues of the Journals **each year**. You will receive an email reminder in December.

You can choose to receive two out of the three print issues of journals from the following options:

- British Journal of Psychiatry (BJPsych)
- BJPsych Bulletin
- BJPsych Advances

You can [opt-in online](#) to choose your print journals.

## BJPsych Journals app

The BJPsych Journals app is an exclusive benefit for all RCPsych members and aims to bring the latest issues and digital content directly to you on the go.

### Download the app

Get it on Google Play [Download on the App Store](#)



### Key features

- All five journals readily available in one place
- Access to Journals from June 2022 onwards
- Search functionality across the whole portfolio
- Save-for-later feature for reading content offline
- Podcasts and videos accessible within the app
- Notifications for when new issues are published

For any other queries, please contact the Publishing team at [publishing@rcpsych.ac.uk](mailto:publishing@rcpsych.ac.uk) or +44(0) 208 618 4230.



# Your online and printed College resources

## Your online services

You are probably already familiar with our website [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk), which reflects all aspects of College activity, and provides information to members, other mental health professionals and the general public. You can keep in touch with College news, what's happening in your division or devolved nation, across all the specialties in the Faculties section, and with any special interests you might have.

The website has a wide range of information and resources for trainees and for members generally. The online event finder will help you make sure you know what conferences and training events are happening then. The site also holds position statements showing the College's formal position on a wide range of key issues, as well as providing information about our library, archives, publications including journals, and other useful resources.

Another way to stay up to date is on social media and you can follow us on [X](#), [Facebook](#), [LinkedIn](#) and [Instagram](#). Each channel contains unique content so if you are on these, it makes sense to follow us on all 4!

## Your books and reports

College reports and Position Statements – often explaining College policy in specific areas – are available free of charge on the website. You may find these useful when seeking guidance in your practice or when campaigning for resources locally.

We publish about 12 new book titles each year. Our books are published by Cambridge University Press on behalf of RCPsych. Decisions about which books to publish are made with our members in mind, and you will receive a 30% discount not only on all RCPsych books but also on all academic books published by CUP ([www.cambridge.org/core/browse-subjects/psychiatry](http://www.cambridge.org/core/browse-subjects/psychiatry)).



## eLearning Hub

The College's educational resource [eLearning Hub](#) is available to you at a substantial discount.

For subscription information visit the [subscription section of the website](#) or call 0208 618 4140.

## Events and newsletters

You will have chosen the Faculties and Special Interest Groups you want to belong to and will start to receive mailings and newsletters – if you are keen to get ahead with this, please look at the relevant pages of the College website. Faculty and Special Interest Group mailings will be sent to you as they arise. If you want information in advance of these, please check the relevant section of the website.

## Development at RCPsych

The Development office was set up in order to secure new and sustainable income streams for the future.

Our aim is to create long-term programmes which will underpin the College's strategic priorities. Through the generosity of our members, private philanthropists, charitable trusts and foundations and legacies we've already helped to shape the future of psychiatric education, contributed to research which could change the lives of patients with mental illness and supported future generations of psychiatrists.

Successes include the Gatsby/Wellcome Neuroscience Curriculum project and the Parliamentary Scholars initiative (a peer mentorship programme) which provides the opportunity for a trainee in psychiatry to be attached to a peer in the House of Lords. We have previously held a series of welcome events for core trainees and are exploring other ways to support trainees early in their careers.

The College is a charity which could make an even greater difference in the world of mental health with the support of our members. But projects like the above cannot be sustained without further funding and investment. Please do contact the Development Office if you have any suggestions or are able to help in some way: [development@rcpsych.ac.uk](mailto:development@rcpsych.ac.uk).



# Your College infrastructure

With a staff of over 200 and a membership of more than 21,000 around the world, the College contains a great many structures that you will encounter as your career progresses. All of these are represented in detail on the website, but some are explained briefly here.

## Public education and mental health promotion

The College produces evidence-based leaflets on common mental health issues and treatments such as depression, bipolar disorder, self-harm, antidepressants and cognitive behavioural therapy, as well as a new suite of leaflets relating to mental health during and after pregnancy. We also produce resources for young people and their parents and carers.

Many of these materials have now been translated into other languages, including Chinese, French, Hindi, Russian and Urdu, among others - see our popular mental health information pages at [www.rcpsych.ac.uk/mental-health](http://www.rcpsych.ac.uk/mental-health) which are viewed by people all over the world. This important work is coordinated by the Strategic Communications department and the Public Education Editorial Board.

## The College Centre for Quality Improvement (CCQI)

The College Centre for Quality Improvement (CCQI) has created a new and enhanced role for clinicians and their professional bodies in raising standards. Its national initiatives engage directly with clinicians, managers and service users and support them to take responsibility for improving local mental health services.



## The National Collaborating Centre for Mental Health (NCCMH)

The NCCMH is a collaboration between the Royal College of Psychiatrists and University College London. The NCCMH have a strong background in research and producing evidence-based material to a very high standard in collaboration with people with lived experience and world-leading academics and clinicians. The work of NCCMH is mainly commissioned by national NHS arm's length bodies in England, although they also have worked internationally.

## Committee structure

The Board of Trustees makes decisions on important matters affecting the College including how we use our resources, how we manage, run projects and make decisions, the service we provide to members, and disciplinary issues and complaints. It is chaired by the President and members include the Honorary Officers, representatives from Council and four Lay Trustees with special expertise in different areas. It has three subcommittees – the Finance Management Committee and the Disciplinary, Complaints Committee and Remuneration Committee.

The Council is also chaired by the President and is responsible for education, policy, professional practice, professional standards, public engagement, quality, research and training in psychiatry. Its members include the Honorary Officers, the Chairs of Faculties and Divisions, an elected member and elected Fellow, Chairs of Council Committees, the Clinical and Strategic Directors of CCQI and NCCMH, patient and carer representatives and up to five co-opted members. Committees that report to Council include: Education and Training, Conferences and Advanced Learning, Nominations, ECT and Related Treatments, International, Speciality Doctors, Policy and Public Affairs, Psychiatric Trainees, Publications Management, Public Engagement, Professional Practice and Ethics, Leadership and Management, Psychopharmacology.

## Working parties and scoping groups

These are expert panels who report to the Policy and Public Affairs Committee with the task of developing College policy on specific questions of relevance to the psychiatric profession. on specific questions of relevance to the psychiatric profession.

# Your College contacts



The Royal College of Psychiatrists  
21 Prescott Street, London E1 8BB

Tel: +44 (0)20 8618 4000

If you have an enquiry, please use one of the emails below

Membership enquiries:  
[membership@rcpsych.ac.uk](mailto:membership@rcpsych.ac.uk)

General publishing enquiries:  
[publishing@rcpsych.ac.uk](mailto:publishing@rcpsych.ac.uk)

*British Journal of Psychiatry*:  
[bjp@rcpsych.ac.uk](mailto:bjp@rcpsych.ac.uk)

*BJPsych Bulletin*:  
[BJPBulletin@rcpsych.ac.uk](mailto:BJPBulletin@rcpsych.ac.uk)

*BJPsych Advances*:  
[BJPAdvances@rcpsych.ac.uk](mailto:BJPAdvances@rcpsych.ac.uk)

*BJPsych International*:  
[BJPInternational@rcpsych.ac.uk](mailto:BJPInternational@rcpsych.ac.uk)

*BJPsych Open*:  
[BJPOpen@rcpsych.ac.uk](mailto:BJPOpen@rcpsych.ac.uk)

CPD submissions:  
[cpdqueries@rcpsych.ac.uk](mailto:cpdqueries@rcpsych.ac.uk)

eLearning Hub:  
[elearning@rcpsych.ac.uk](mailto:elearning@rcpsych.ac.uk)

Library and Information Service:  
[infoservices@rcpsych.ac.uk](mailto:infoservices@rcpsych.ac.uk)

Psychiatrists' Support Service:  
[pss@rcpsych.ac.uk](mailto:pss@rcpsych.ac.uk)

Specialist Registration (CCT/CESR) enquiries:  
[specialistregistration@rcpsych.ac.uk](mailto:specialistregistration@rcpsych.ac.uk)

Training and Workforce:  
[psychiatrytraining@rcpsych.ac.uk](mailto:psychiatrytraining@rcpsych.ac.uk)

To contact a named member of staff, the email address would be [first name].[surname]@rcpsych.ac.uk; so, Jane Smith will be [jane.smith@rcpsych.ac.uk](mailto:jane.smith@rcpsych.ac.uk).

Once more, we would like to stress that this is your College and we are here to help you make the most of your membership. Contact email addresses are listed above, but if you are ever unsure about whom to contact, please call (+44 (0)208 618 4000). We shall be delighted to help you ourselves, or to direct your enquiry to the right colleague within the College team.

# Divisions and Devolved Nations

## Eastern Division

[eastern@rcpsych.ac.uk](mailto:eastern@rcpsych.ac.uk)  
+44 (0)208 618 4126

## London Division

[london@rcpsych.ac.uk](mailto:london@rcpsych.ac.uk)  
+44 (0)208 618 4159

## Northern and Yorkshire Division

[NYandNW@rcpsych.ac.uk](mailto:NYandNW@rcpsych.ac.uk)  
+44 (0)208 618 4287

## North West Division

[NYandNW@rcpsych.ac.uk](mailto:NYandNW@rcpsych.ac.uk)  
+44 (0)208 618 4287

## South Eastern Division

[southeastern@rcpsych.ac.uk](mailto:southeastern@rcpsych.ac.uk)  
+44 (0)208 618 4290

## South West Division

[southwest@rcpsych.ac.uk](mailto:southwest@rcpsych.ac.uk)  
+44 (0)176 146 3979

## Trent Division

[trent@rcpsych.ac.uk](mailto:trent@rcpsych.ac.uk)  
+44 (0)121 803 9075

## West Midlands Division

[westmidlands@rcpsych.ac.uk](mailto:westmidlands@rcpsych.ac.uk)  
+44 (0)121 803 9075

## RCPsych in Northern Ireland

[northernireland@rcpsych.ac.uk](mailto:northernireland@rcpsych.ac.uk)  
+44 (0)28 9027 8793

## RCPsych in Scotland

[scotland@rcpsych.ac.uk](mailto:scotland@rcpsych.ac.uk)  
+44 (0)131 220 2910

## RCPsych in Wales

[wales@rcpsych.ac.uk](mailto:wales@rcpsych.ac.uk)  
+44 (0)292 048 9006

# International Divisions

## African Division:

[africandivision@rcpsych.ac.uk](mailto:africandivision@rcpsych.ac.uk)

## European Division:

[europelandivision@rcpsych.ac.uk](mailto:europelandivision@rcpsych.ac.uk)

## Middle Eastern Division:

[middleeastdivision@rcpsych.ac.uk](mailto:middleeastdivision@rcpsych.ac.uk)

## Pan-American Division:

[panamericandivision@rcpsych.ac.uk](mailto:panamericandivision@rcpsych.ac.uk)

## South Asian Division:

[southasiandivision@rcpsych.ac.uk](mailto:southasiandivision@rcpsych.ac.uk)

## Western Pacific Division:

[westernpacificdivision@rcpsych.ac.uk](mailto:westernpacificdivision@rcpsych.ac.uk)

Further information can be obtained from the International Manager:

[internationalmanager@rcpsych.ac.uk](mailto:internationalmanager@rcpsych.ac.uk)



