

ROYAL COLLEGE OF PSYCHIATRISTS

Moving to 14Fish

Start Here: overview and first login

For resident doctors and supervisors

Use this guide first

This is one of three short guides. Read this overview first, then use the role-specific guide that applies to you.

- Start Here: this guide is for everyone who is migrating to 14 Fish, [log in here](#)
- [Resident Doctors' Guide](#)
- [Supervisors' Guide](#)

Contents

1. Welcome	2. Keeping your data safe
3. Getting access	4. Your first time logging in: The Essentials
5. Glossary	6. Useful links
7. Where to get help	

1. Welcome

As part of ongoing improvements, the College is moving resident doctors' training records from Portfolio Online (PO) to the 14Fish ePortfolio.

This guide focuses on the things that are specific to migrating an existing portfolio: the parts that are different from setting up your ePortfolio as a new Core Psychiatric Resident Doctor in either CT1 or ST1. It is not intended to be exhaustive. For further guidance, use the Quick Start guides in the Help Centre section of your 14Fish ePortfolio (embedded in the platform) as well as [the other guidance on our College Website Training Resources Page](#).

Who is 14Fish for?

14Fish is for all resident doctors currently in training. If you are not currently in training, you can continue to use Portfolio Online* to record your educational evidence, please check [our website and Frequently Asked Questions](#) for further information.

*correct at time of publication June 2026.

2. Keeping your data safe

Protecting your personal and training data is a priority. The platform has been extensively tested to make sure your information appears correctly and is accessible to you.

Spotted a problem?

Report anything that looks incorrect to eportfoliotransition@rcpsych.ac.uk. This includes data that is hard to find, unclear, or appears to be missing.

3. Getting access

You do not need to request a login: you will receive an email directly from the 14Fish platform (support@fourteenfish.com) once your Portfolio Online account has been migrated.

How you will get in

You will be invited by email to create your login once your training evidence has been migrated from Portfolio Online to 14Fish. There will be a short period (1-2 weeks) when you will not be able to upload evidence to either ePortfolio. You will be notified via the Portfolio Online platform that your portfolio will be migrated and when. If you need access to a migrated ePortfolio and have not received an invitation, please contact the College transition team via ePortfoliotransition@rcpsych.ac.uk.

The College authorises all new 14F and Fishbase users and maintains user records. For any query about your access level, please get in touch ePortfoliotransition@rcpsych.ac.uk.

4. Your first time logging in: The Essentials

These apply to everyone migrating to 14Fish, whatever their role:

- Once you receive your email to invite you to log into the 14Fish platform as a Resident Doctor or Supervisor, you will be asked to create or link to an existing account via a **pink box**.
- You will be asked to set up a two-factor authentication – usually a mobile phone number for confirmation of your identity via the authenticator app or to receive a text message. You'll receive a unique code to enter into the 14Fish platform – this will time out if you do not input it within the time limit.
- One login, two platforms. Your 14Fish email and password are the same ones used for Fishbase, which is only relevant to deanery admin users and Heads of Schools who are also supervisors.
- **Anything PINK is a LINK** – explore your ePortfolio by clicking on the pink links.

Do not add your GMC number

Please do not enter your GMC number on the login or set-up screen. It has already been pre-loaded for you in the back-end database: Fishbase. Adding it again can cause errors on the platform.

5. Glossary

A quick reference to the abbreviations used across these guides.

Term	Meaning
14Fish	FourteenFish; the new ePortfolio platform
PO	Portfolio Online; the previous platform
The College	Royal College of Psychiatrists (RCPsych)
RD/Trainee	Resident Doctor (previously "trainee")
PMPT	Pre-Membership Psychiatric Trainee (now known as resident doctors)
CS / ES / PS	Clinical / Educational / Psychiatric Supervisor
ESR / PSR	Educational Supervisor Report / Psychiatric Supervisor Report
EAs	Educational Assessments (WPBA reviews)
LLs	Learning Logs
CCT / COT	Certificate of Completion of Training / Completion of Core Training dates
ARCP	Annual Review of Competence Progression
ACF / ACL	Academic Clinical Fellow (Core) / Academic Clinical Lecturer (Higher)

6. Useful links

- [2022 Curricula](#)
- [Quick Start Guides](#) - You will also find these in the 'Help Centre' of your 14 Fish Platform
- [Formative Assessment College Guidance](#)
- [Good Medical Practice GMC professional standards \(Probity\)](#)

7. Where to get help

In 14Fish, 'help' is a [pink link](#) under your name on the top-right of the screen. From there, you can open help documents, raise a support ticket with 14Fish directly, or update your account details, such as your email address.

For any queries related to the migration of your ePortfolio migration-related, check out our FAQs or contact the College transition team: eportfoliotransition@rcpsych.ac.uk.

Next: [The Resident Doctors' Guide](#) or [the Supervisors' Guide](#).