Wessex Professional Support Unit

What you need to know about us………

What is the PSU?
The PSU is a group of professionals dedicated to supporting Trainees when they might be struggling, whatever the reason.

Who will be my main point of contact?
All Trainees referred to the PSU will be allocated an experienced Case Manager who will support and guide you through the process.

Who refers me to the PSU?
Usually Trainees are referred to the PSU by their Educational Supervisor. We encourage this as it reassures us that they are being supported. However, there may be times when it’s not appropriate, and a Trainee can make a self-referral.

What can you do to help me? The PSU can provide support via the VSG (Virtual Support Group) in a variety of areas:

- Exam support
- Language Skills
- Coaching
- Careers Support
- Communication skills
- and much more

What have been other Trainees’ experiences?

“I just wanted to say thank you again for all your support and kind efforts. It’s been a wind under my wings to have the PSU help me the way it has and I couldn’t be more grateful.”

“Very good service. I may not have survived CMT training without it!”

“Strongly recommended for any doctor in need for support that requires an impartial view of their difficulties”

Real life comments from Wessex Trainees

For Further information on the PSU please visit our webpages at http://www.wessexdeanery.nhs.uk/professional_support_unit.aspx or e-mail confidentially at wessex.support@wessex.hee.nhs.uk