Wellbeing is a significant issue amongst doctors of all grade and specialties and we want to ensure you are aware of the support available. With this in mind the Wessex School of Anaesthesia has set up a wellbeing group involving a small number of trainees and consultants. Medicine as a career comes with many challenges and with the current contract negotiations as they are, these stresses are more acute. We recognise the threat to wellbeing of the proposed contract changes and urge you to seek support should you need to. Anaesthesia and intensive care are rewarding professions and we are lucky to be able to do the jobs we undertake but external pressures can start to erode the job satisfaction and lead to concerns about the future.

There is an established network of support within Wessex and a suggested flow of levels of support:

1. Prevention by regular debriefing, the buddy scheme, looking after yourself and talking to friends, family and colleagues.

2. Discuss with educational supervisor/college tutor/other consultant. They may be aware of other services and support within your trust.

3. Other avenues of support within the school (e.g. PSU) and outside as detailed below.

This route is useful but we want to emphasise that if you do not feel comfortable talking to your educational supervisor/college tutor or other consultant in your trust there are other people/services/support networks out there. Don’t worry in silence. Please talk to someone if you have concerns no matter how small or insignificant they seem.

The list is by no means exhaustive and I’m sure there will be things we can all pick out and challenge ourselves to improve – debriefing with colleagues? Registered with a GP? Maintaining a healthy lifestyle?
Please store this somewhere you can access it if you need it in the future:

1. **Talk to family and friends** regularly about how you feel and any stresses you have. Try to keep in touch with your own level of wellbeing, be mindful of taking on too much, particularly during life events – moving house etc. Listen to those around you if they are concerned.
2. **Take time to de-stress** however you find helpful, try to maintain a healthy lifestyle.
3. **Debrief regularly with work colleagues** who understand the particular strains of your job. We aim to promote ‘story telling’ or ‘reflective sessions’ in each trust so there are forums for this.
4. **Buddy scheme/social events**: We are going to extend the buddy scheme across the region (linking junior and senior trainees for help and support) and aim to promote more social events.
5. **Chat to a consultant scheme**: We are compiling a list of consultants who we feel are approachable and who are happy to be contacted with particular personal/work issues or if you have been involved in any particularly stressful critical incidents.
6. **Discuss with your educational supervisor**, college tutors or other consultant stresses both inside and outside work. Recognise that these may affect your abilities within work.
7. **Trainee reps**: If there are any general trainee issues that are affecting your wellbeing discuss with the trainee reps who will try to help or bring to the attention of the school board. This can be done anonymously.
8. **Ensure you are registered with a local GP.**
9. **Professional Support Unit** at Health Education Wessex: The PSU is a valuable deanery resource with a broad remit and provides professional support for health issues, repeated exam failure, dyslexia assessment and career counselling. The usual pathway is for trainees to be referred by their educational supervisor/college tutor, though self-referral is recognised. [www.wessexdeanery.nhs.uk/professional_support_unit](http://www.wessexdeanery.nhs.uk/professional_support_unit)
10. **AAGBI**: wide range of resources available here including guidelines ‘glossies’, mentoring networks, wellbeing questionnaires and links to organisations and schemes. [www.aagbi.org/professionals/welfare](http://www.aagbi.org/professionals/welfare) email: wellbeing@aagbi.org
11. **RCOA**: the college provides a list of links to support and advice for doctors in difficulty. [http://www.rcoa.ac.uk/careers-and-training/career-and-personal-difficulties](http://www.rcoa.ac.uk/careers-and-training/career-and-personal-difficulties)
12. **BMA (Doctors for doctors)**: 24 hour, 7 days a week confidential nationwide support and counselling service available on 08459200169. The website provides comprehensive advice for doctors needing support and includes risk assessment tools, links to schemes and organisation and guidance on the difficult process of GMC investigations. [http://bma.org.uk/doctorsfordoctors](http://bma.org.uk/doctorsfordoctors)
13. **Doctors support network**: charitable organisation offering support to doctors with mental health problems, run by doctors who have experienced their own difficulties. [www.dsn.org.uk](http://www.dsn.org.uk)
14. **MIND**: national organisation providing information, practical advice and support to individuals with mental illness, including those who need urgent help. A MIND advice service operates during office hours on 03001233393. [www.mind.org.uk](http://www.mind.org.uk)
15. **Samaritans**: A well established charitable organisation able to offer round-the-clock support on 08459999999. [www.samaritans.org](http://www.samaritans.org)