

Doctor's Support Resource List

Issue/Problem Area	Organisation	Contact Details
<p>Alcohol Abuse</p>	<p>Alcoholics Anonymous Alcoholics Anonymous is a gathering of men and women who share their experience, strength and hope with each other, that they may recover and help others to recover from alcoholism.</p>	<p>www.alcoholics-anonymous.org.uk</p> <p>0845 769 7555</p>
<p>Bereavement</p>	<p>Cruse Bereavement Care Offers free information and advice to anyone who has been affected by a death.</p>	<p>www.crusebereavementcare.org.uk</p> <p>0844 477 9400</p> <p>Email: helpline@cruse.org.uk</p>
<p>Carers Support</p>	<p>Carers UK Millions of people are caring for elderly relatives, sick friends or disabled family members. They often do it unpaid or without support. Carers UK can provide information, advice and support for carers.</p>	<p>www.carersuk.org</p> <p>Carers Line: 0808 808 7777 – Wednesday & Thursday 10am-12pm & 2pm-4pm.</p>
<p>Crime</p>	<p>Victim Support Line Victim Support is the national charity which helps people affected by crime. They provide free and confidential support to help deal with the experience, whether or not the crime is reported.</p>	<p>0845 30 30 900</p> <p>Email: supportline@victimsupport.org.uk</p> <p>www.victimsupport.org.uk</p>
<p>Disability</p>	<p>Association of Disabled Professionals Draws on the expertise of disabled professionals to improve the educational and employment opportunities of disabled people.</p>	<p>01204 431638</p> <p>www.adp.org.uk</p>
<p>Disability</p>	<p>Hope 4 Medics A support group for doctors with disabilities.</p>	<p>www.hope4medics.co.uk/about.php</p>

Domestic Violence	Women's Aid Key national charity working to end domestic violence against women and children; supports a network of over 500 domestic and sexual violence services across the UK.	0808 2000 247 www.womensaid.org.uk
Drug & Alcohol Abuse	British Doctors & Dentists Group (BDDG) The BDDG is a service for recovering alcoholic and drug dependent doctors and dentists.	www.bddg.org 01484 667 681
Drug & Alcohol Abuse	Sick Doctors Trust Support for doctors and medical students suffering any degree of dependence on drugs or alcohol.	0870 444 5163 - available 24 hours/day Email: help@sick-doctors-trust.co.uk
Dyslexia	Dyslexia Action Dyslexia Action is a national charity and the UK's leading provider of services and support for people with dyslexia and literacy difficulties.	01784 222300 www.dyslexiaaction.org.uk
Emotional Distress	Samaritans Provides confidential emotional support for people who are experiencing feelings of distress or despair, including those which may lead to suicide.	08457 909090 – available 24 hours a day www.samaritans.org
Financial	The Cameron Fund The Fund is a charity for doctors who are, or have been, general practitioners, and for their dependants. It offers help in times of poverty, hardship or distress.	020 7388 0796 www.cameronfund.org.uk
Financial	Royal Medical Benevolent Fund Depending on individual needs and circumstances, RMBF is able to provide grants, loans, information, advice, clothes parcels and payments to assist with domestic and financial crises or help with childcare and other costs.	020 8540 9194 www.rmbf.org

Gambling	GamCare Provides support, information and advice to anyone suffering because of gambling.	www.gamcare.org.uk 0845 6000 133 – 8am till midnight, 7 days per week
General	Doctors for Doctors Unit & BMA Counselling Doctor advisors provide help to doctors who find themselves in difficulty, be it through giving them reflective space to talk through issues or signposting to more appropriate organisations.	08459 200 169 – available 24 hours/day For more information: http://www.bma.org.uk/images/d4dl_eaflet_tcm41-156785.pdf
General	Healthcare Performance Works with individual doctors and/or their employers on a number of issues that can affect performance and careers.	www.healthcareperformance.co.uk 01892 724 245 Email: info@healthcareperformance.co.uk
Government Issues	Citizens Advice Bureau Gives free, confidential, impartial and independent advice on a limitless range of subjects, including debt, benefits, housing, legal matters, employment, immigration and consumer issues.	www.citizensadvice.org.uk
International Doctors	British International Doctors Association BIDA aims to protect and promote the interests of overseas doctors, by highlighting the problems they face and developing policies on the health care of ethnic minorities.	0161 456 7828 www.bidaonline.org.uk
Legal & Ethical Support	Medical Defence Union For MDU members, the union provides expert help and advice on medico-legal and ethical matters including handling complaints, claims and GMC cases. It is staffed by a team of medico-legal advisers.	0800 716 376 www.the-mdu.com

<p>Mental Health</p>	<p>Depression Alliance Depression Alliance is the leading UK charity for people affected by depression, run by sufferers themselves.</p>	<p>0207 633 0557 www.depressionalliance.org</p>
<p>Mental Health</p>	<p>Doctors Support Network Provision of ongoing confidential advice and support to doctors with mental health problems. All calls are dealt with by doctors.</p>	<p>0870 765 0001 www.dsn.org.uk</p>
<p>Mental Health</p>	<p>Eating Disorders Association The EDA helplines are for people who wish to talk about eating disorders and to obtain information about help available in their locality.</p>	<p>0845 634 1414 Email: helpmail@edauk.com</p>
<p>Relationships & Family</p>	<p>National Family Mediation NFM is a network of local Family Mediation Services in England which offers help to couples, married or unmarried, who are in the process of separation and divorce.</p>	<p>01392 271610 – 9am-5pm Mon-Fri www.nfm.org.uk</p>