



Trainee Wellbeing Resources

Dr Roopa McCrossan

Chair elect, Association of Anaesthetists Trainee Committee



@RooMcCrossan



Association
of Anaesthetists

RCOA
Royal College of Anaesthetists

How are you feeling?

exhausted
fed up
burnt out
powerless
anxious
worried
emotional
irritable
tired
overwhelmed
concerned
frustrated
uncertain
disconnected
weary
confused

Sources of support : locally

- Immediate networks: friends, family, work colleagues
- GP – all doctors should be registered with a GP, we need looking after too
- Educational supervisor, college tutor
- TPD – TPD for trainees with differing needs, pastoral care role
- Mental health first aiders
- Occupational Health services – counselling, psychological support
- Deanery/LETB resources – e.g. HEENE Trainee Support Service

Sources of support

- **Mentoring**

- A structured conversation with a trained mentor to help you become more effective at managing your problems, empowering you to discover your own solutions.
- **National Mentoring network**: Voluntary scheme, free of charge, network of trained mentors across the country, can be via Zoom/Skype.

<https://anaesthetists.org/Home/Wellbeing-support/Mentoring/The-Association-mentoring-scheme>



BJA Education

Log in 🔍 ☰

REVIEW ARTICLE | [ARTICLES IN PRESS](#)

Mentoring for doctors in the UK: what it can do for you, your colleagues, and your patients

[R. McCrossan](#) • [L. Swan](#) • [N. Redfern](#) 👤 ✉

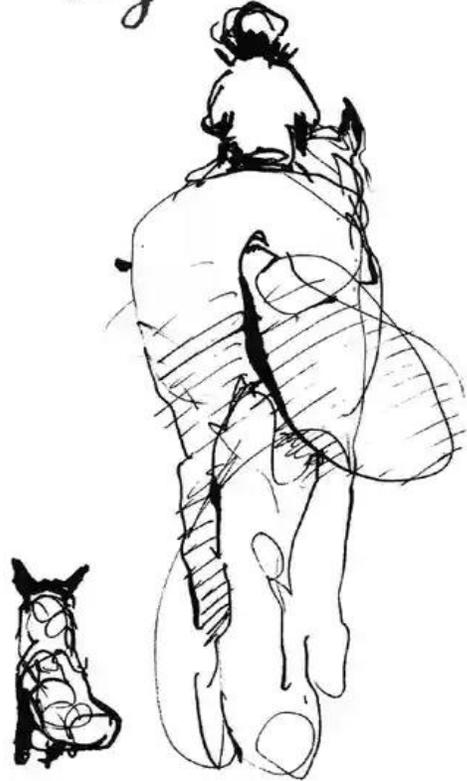
Published: September 08, 2020 •

DOI: <https://doi.org/10.1016/j.bjae.2020.07.005>

Sources of support

- **BMA Wellbeing 0330 123 1245** <https://www.bma.org.uk/advice-and-support/your-wellbeing>
 - 24/7, confidential, available to all drs and medical students, don't have to be a BMA member, offers peer support, counselling and psychotherapy.
- **NHS Practitioner Health: 0300 0303300** <https://www.practitionerhealth.nhs.uk/>
 - Service specifically set up for doctors, free and confidential, England only
- **Our NHS people** <https://people.nhs.uk>
 - General: 0300 131 7000 (7am-11pm), Bereavement 0300 303 4434
 - Text "FRONTLINE" to 85258, 24/7 service
 - Free Wellbeing support apps available to download – Sleepio, Unmind, Headspace

"What is the bravest thing
you've ever said?" asked
the boy.



"Help," said the horse.

Illustration "Help" by Charlie Mackesy

It's ok to
ask for
help