

Support for Doctors and Dentists in Training

The George Pickering Education Centre
The Terence Mortimer Education Centre



Support Services for Doctors

There are a range of services which are available for doctors. These range from Trust support to national organisations.

TRUST SERVICES

CENTRE FOR OCCUPATIONAL HEALTH AND WELLBEING

The Occupational Health Consultants have a special interest in the health and wellbeing of doctors, and offer a confidential and supportive service.

John Radcliffe Hospital Tel: 01865 223325
Horton General Hospital Tel: 01295 229442

EDUCATION CENTRES

Chantal Vermenitch - Medical Education and Dental Manager, George Pickering Education Centre, John Radcliffe Hospital

chantal.vermenitch@ouh.nhs.uk

Liz Clarke - Medical Education Manager, Terence Mortimer Education Centre, Horton General Hospital

Liz.clarke-pgec@ouh.nhs.uk

OUH TRUST POLICIES

Policies available via the link below

<http://ouh.oxnet.nhs.uk/Pages/WelcometothePoliciesPages.aspx> (HR Procedures)

BULLYING & HARASSMENT PROCEDURE

RAISING CONCERNS AT WORK (Whistleblowing)

Confidential telephone no: 07500 107889

Internal confidential email address: raiseconcerns@ouh.nhs.uk

HEALTH EDUCATION THAMES VALLEY SERVICES (Oxford Deanery)

PROFESSIONAL SUPPORT UNIT (PSU)

The PSU at HETV provides a comprehensive career development service for all doctors including help for individual doctors.

psu@tv.hee.nhs.uk

MEDIC SUPPORT

Medic Support is a confidential staff support service for doctors and dentists in training, offering psychotherapy and psychology in Oxford.

ISIS Centre Secretary

Tel: 01865 904552

medic.support@oxfordhealth.nhs.uk

If you have problems with anxiety or depression you could also self-refer to these free, NHS services:-

Oxfordshire: Talking Space Plus www.talkingspaceoxfordshire.org
(01865) 901 222

Buckinghamshire: Healthy Minds www.healthymindsbucks.nhs.uk
(01865) 901 600

Berkshire: Talking Therapies www.talkingtherapies.berkshire.nhs.uk
(0300) 365 2000

NATIONAL SERVICES

ALCOHOLICS ANONYMOUS

AA is concerned solely with the personal recovery and continued sobriety of individual alcoholics who turn to the Fellowship for help.

Tel: 0800 9177 650

www.alcoholics-anonymous.org.uk

BRITISH MEDICAL ASSOCIATION – DOCTORS FOR DOCTORS

The BMA offers support for employment, professional, ethical and personal matters. The doctors for doctors counselling service is available 24/7.

Tel: 0330 123 1245

www.bma.org.uk/advice/work-life-support/your-wellbeing

DENTISTS HEALTH SUPPORT TRUST

Providing dental professionals with free advice and support on alcohol, drugs, eating disorders and other health issues.

Tel: 020 7224 4671

www.dentistshealthsupporttrust.org

BRITISH DOCTOR & DENTISTS GROUP

The BDDG is a service for recovering alcoholic and drug dependant doctors, dentists, and students.

Tel: 07825 107 970

www.bddg.org

MEDICAL DEFENCE UNION

The MDU is led and staffed by doctors who have real-life experience of the pressures and challenges you face every day. Their expertise in medico-legal issues, complaints and claims is unparalleled.

Tel: 0800 716 646

www.themdu.com

THE MEDICAL PROTECTION SOCIETY

MPS will be a partner throughout your career supporting you with the ongoing challenges of modern practice, offering peace of mind when you need it most.

Tel: 0800 561 9090

www.medicalprotection.org/uk

NARCOTICS ANONYMOUS

NA is a non-profit fellowship or society of men and women for whom drugs had become a major problem.

Tel: 0300 999 1212

www.ukna.org

ROYAL MEDICAL BENEVOLENT FUND (RMBF)

The RMBF is the leading UK charity for doctors, medical students and their families. Providing financial support and money advice when it is most needed due to age, ill health, disability or bereavement.

Tel: 020 8540 9194 (9am-5pm, Mon-Fri)

www.rmbf.org Email help@rmbf.org

THE SAMARITANS

Talk to us anytime, in your own way, and off the record – about whatever's getting to you

Tel: FREEPHONE 116 123

Email jo@samaritans.org

www.samaritans.org

SICK DOCTORS TRUST

Provision of early intervention and treatment for doctors suffering from addiction to alcohol or other drugs.

Tel: 0370 444 5163

www.sick-doctors-trust.co.uk

SUPPORT4DOCTORS

Support4Doctors provides access to a wide range of specialist advice and support for doctors and their families.

www.support4doctors.org

If you have concerns about your training, it is important that you contact either your Educational or Clinical Supervisor immediately. This should be done in a formal setting.

If you are still not happy after having spoken to them you should contact one of the Training Programme Directors, the Deputy Director or the Director of Medical Education.

THE GEORGE PICKERING EDUCATION CENTRE

Professor Peter Sullivan	–	Director of Medical Education
Dr Claire Pulford	–	Deputy Director of Medical Education
Chantal Vermenitch	–	Medical & Dental Education Manager

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John Radcliffe Hospital
Headley Way
Headington
Oxford
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Tel: 01865 (2)21865
Email: chantal.vermenitch@ouh.nhs.uk

Opening Hours

Monday – Friday, 08:00 – 16:00

THE TERENCE MORTIMER EDUCATION CENTRE

Mr Jonathan Nicholls	-	Medical Education Lead
Liz Clarke	-	Medical Education Manager

The Horton General Hospital
Oxford Road
Banbury
OX16 9AL

Tel: 01295 (2)29314
Email: liz.clarke-pgec@ouh.nhs.uk

Opening Hours

Monday – Friday, 08:00 – 16:00

www.ouh.nhs.uk/education-centres