# Organisations that provide support

#### Dental

#### NHS Practitioner Health – Mental Health Support and Advice

All NHS doctors and dentists in England now have access to a comprehensive mental health service and can get confidential advice and support, in person or over the phone, if they've faced a stressful incident at work or feel they are struggling with their mental health. Staff can access support 24/7 through a dedicated phone line and a crisis text service available through the night.

How to contact NHS Practitioner Health: call 0300 0303 300 or email <u>prac.health@nhs.net</u>. The line is open Monday to Friday 8am to 8pm and Saturday 8am to 2pm. Text NHSPH to 85258 for the out-of-hours crisis text service.

#### **Local Dental Committees**

LDC's operate across the whole of the UK. As part of their role they provide pastoral support to dental practitioners and many provide practitioner advice and support schemes (PASS). A list of contacts are given at the end of this factsheet.

#### The British Doctors' and Dentists' Group

This is a mutual support society for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs. It provides venues to meet for confidential, mutual support and encouragement. Website: www.bddg.org

#### **Dentists' Health Support Programme**

Providing dental professionals with free advice and support on alcohol, drugs, eating disorders, mental health and other health issues. Tel: 020 7224 4671 Website: <u>www.dentistshealthsupporttrust.org</u> Email: dentistsprogramme@gmail.com

#### **Health Education England**

The teams that provide postgraduate dental and medical education are within HEE. They used to be deaneries, and are now part of local teams. They may also be referred to as the PGMDE or healthcare education (HET) teams.

- East Midlands East Midlands Deanery
- East of England Health Education East of England
- Kent Surrey and Sussex Kent, Surrey and Sussex Education
- London Health Education England London
- North east and north Cumbria Made in HEE North East
- North west North West Postgraduate Medicine and Dentistry
- Oxford Oxford Deanery
- Peninsula Peninsula Deanery
- Severn Severn Deanery

- West Midlands West Midlands Deanery
- Wessex Wessex Deanery
- Yorkshire and Humber Yorkshire and Humber Deanery

HEE's have teams known as Professional Support Unit's (PSU) or Professional Support and Wellbeing service's (PSW). These services support trainee doctors and dentists (DFT and DCT) with targeted solution-focused support. We all face personal and professional difficulties that have an impact on how we feel and perform in the workplace, and it's no different for trainees.

#### **NHS Practitioner Health Programme**

The Practitioner Health Programme (PHP) is a confidential, NHS treatment service for doctors and dentists who are unable to access confidential care through mainstream NHS routes due to the nature of their role and/or health condition. PHP is a free confidential service for doctors and dentists who have mental and/or physical health concerns and/or addiction problems and who live in the London area. There is provision for referrals outside London.

Tel: 020 3049 4505 Website: www.php.nhs.uk

#### Confidental 0333 9875158 website www.confidental-helpline.org available 24/7.

Confidental is a telephone helpline service manned by dedicated dentist volunteers who have received training in listening to colleagues who are in a state of emotional distress. We aim to help callers find their way to a solution and are often able to signpost callers to the most appropriate organisation who can help them. We can listen, be empathetic and understand a caller's anxieties. We are non-judgmental and interested (rather than interesting) recognising that the caller may have no-one else with whom to share their anxiety. Our purpose is to provide emotional first aid for dentists in distress. We can allow you to offload and talk through your issues in complete confidence; we will then offer you signposting to further useful organisations if appropriate. Sometimes all we are needed to do is listen!

#### The Society of British Dental Nurses www.sbdn.org.uk

## Helpline: 07437 481182 Monday – Friday 9.30 – 19.00 Saturday 9.39 – 14.00

An organisation established specifically with dental nurses in mind. SBDN has 3 trained mental health first raiders and a link to a qualified medical health practitioner with a referral process. We opened the helpline up 10 days ago and it has been manic, so needed.

**BDA – Health Assured** – BDA member association – employee assistance programme A confidential benefit, dealing with personal and professional problems. Helpline 24/7, 365 days a year

Service for BDA members, immediate family (that is spouse or partners and dependent children aged 16 to 24 who are in full time education or living in the same household),

- Life support: counselling for emotional problems
- Legal information: including debt management, accountancy, lawsuits, consumer disputes, property or neighbour disputes.
- Bereavement support

- Medical information
- CBT online
- Virtual library of wellbeing information

# Benevolent Fund www.bdabenevolentfund.org.uk 02074864994

The charity provides **financial aid to dental students, dentists and their families in need**, whether they are in training, in practice, have left the profession or are retired.

# Broader Support

#### **Occupational health**

An <u>occupational health service</u> is now available to NHS GPs and dentists working across the South of England.

The Heales Medical Group, an established provider of occupational health services began delivering the new service on 1 April 2017, following a procurement across the region.

#### **Alcoholics Anonymous UK**

Tel: 0800 917 7650 Website: <u>www.alcoholics-anonymous.org.uk</u> Email: <u>help@aamail.org</u>

#### **Narcotics Anonymous UK**

Helpline Tel: 0300 999 1212 – 10am to midnight Website: <u>www.ukna.org</u>

#### Samaritans

The Samaritans provides confidential non-judgemental emotional support, 24 hours a day 365 days a year, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel: 116 123 (FREEPHONE for callers in UK mainland and Republic of Ireland) Website: <u>www.samaritans.org</u>

Email: jo@samaritans.org (for emotional support)

#### Refuge <u>www.refuge.org.uk</u> 0808 2000247

The Freephone National Domestic Abuse Helpline is open 24 hours a day, seven days a week. Our expert advisers offer confidential, non-judgmental support and information as well as access to specialist domestic violence services across the country.

## Women's Aid www.womensaid.org.uk info@womensaid.org.uk

Work to ensure women are believed, know abuse is not their fault and that their experiences have been understood.

Access local domestic abuse service by - Domestic Abuse Directory www.womensaid.org.uk/domestic-abuse-directory

#### Mind <u>www.mind.org.uk</u>

Mind have an access tool for those needing urgent help, extract from their website below: Using this tool

This tool is designed to help you understand and manage your situation when you feel like you need help. If you want to speak to someone right now, the quickest route is to access emergency services.

For urgent medical attention, your options are Accident & Emergency (A&E) and Emergency GP appointments.

For urgent medical advice you can call the NHS 111 (England) or NHS Direct (Wales).

\* This tool is for people who need urgent help. If you are worried about someone else, click here.

Continue

#### Relate www.relate.org.uk

Relate is a charity providing relationship support throughout the United Kingdom. Services include counselling for couples, families, young people and individuals, sex therapy, mediation and training courses. Relate also offers online services including webcam counselling and a therapeutic based LiveChat service.

#### Other resources: (these have been shared by members of the group)

An app to help people identify they or someone they know is in an abusive relationship. It's called Bright Sky and is from Hestia. https://www.hestia.org/brightsky

#### **Mental Health First Aid**

An algorithm to assess contacts with dentists and team members to try to assess when natural concern crosses the boundary to pathological anxiety or depression. powerpoint – please find as a separate resource on DMUK website

#### LDC contacts (reproduced from BDA website)

Region/country	Representative	
North East region		
	Regional representative:	
Northern Regional Council of LDCs	Az Hyder /Charlie Daniels	
• Cumbria		
<ul> <li>Gateshead &amp; South Tyneside</li> </ul>		
• North Tyne		
<ul> <li>Northumberland</li> </ul>		

Sunderland		
<ul> <li>Durham and Darlington</li> </ul>		
• Tees		
North West region		
Manchester Federation of LDCs (comprising:)	Regional representative:	
Bolton	Stuart Allan	
Bury & Rochdale		
Manchester		
Salford		
Stockport		
• Trafford;		
West Pennine		
• Wigan		
East Lancashire		
Last Lancashire     Lancashire Central		
Lancashire Coastal		
Liverpool		
Mid Mersey		
Sefton		
South Cheshire		
Wirral		
Yorkshire and The Humber region		
Barnsley	Regional representative:	
Bradford and Airedale     Galdendale and Kirklage	lan Gordon	
Calderdale and Kirklees		
Doncaster & Bassetlaw		
East Riding		
• Leeds		
North Yorkshire		
Rotherham		
South Humber		
Sheffield		
East Midlands region		
Derby City	Regional representative:	
Derbyshire County	Andrew Dale	
Nottinghamshire		
• Leicester		
Lincolnshire		
West Midlands region		
Arden and Hereford	Regional representative:	
Birmingham	Eddie Crouch	
Coventry		
Dudley		
North Staffordshire		
Sandwell		
Shropshire		
• Solihull		

South Staffordshire		
• Walsall		
Warwickshire		
Wolverhampton		
Worcestershire		
East of England region		
Bedfordshire	Regional representative:	
Cambridgeshire and Peterborough	Nick Stolls	
Essex		
Hertfordshire		
Milton Keynes		
Norfolk		
Northamptonshire		
Suffolk		
London region		
Federation of London LDCs	Regional representative:	
Barking and Havering	Michael Clarke	
• Barnet		
Bexley and Greenwich		
Brent and Harrow		
Bromley		
Camden & Islington		
Chelsea and Westminster		
Croydon		
<ul> <li>East London and the City</li> </ul>		
<ul> <li>Enfield and Haringey</li> </ul>		
• Ealing		
Hammersmith & Hounslow		
<ul> <li>Hillingdon</li> </ul>		
Kensington		
Kingston & Richmond		
Lambeth, Southwark and Lewisham		
<ul> <li>Merton, Surrey and Wandsworth</li> </ul>		
Redbridge & Waltham Forest		
South East Coast region		
East Sussex	Regional representative:	
• Kent	Barry Westwood	
• Surrey		
West Sussex		
South Central region	Regional representatives:	
Dorset	Keith Percival	
Hampshire and IOW		
Berkshire	Nilesh Patel	
Buckinghamshire		
Oxfordshire		

South West region		
• Avon	Regional representative:	
<ul> <li>Cornwall &amp; Isles of Scilly</li> </ul>	Andrew Taylor	
• Devon		
Gloucestershire		
Somerset		
Wiltshire		
Wales	Representative:	
	lan Douglas	
<ul> <li>Bro Taf Local Dental Committee</li> </ul>		
Dyfed & Powys Local Dental Committee		
Gwent Local Dental Committee		
North Wales Local Dental Committee		
<ul> <li>Morgannwg Local Dental Committee</li> </ul>		