

# WELLBEING

## SOUTH WEST ANAESTHESIA RESOURCES

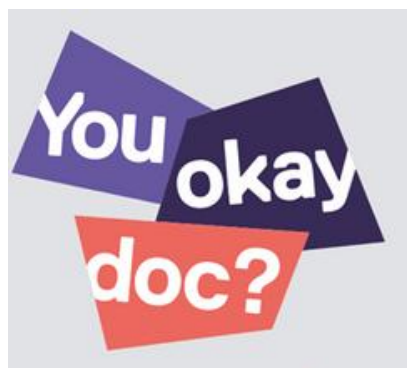
it's OK  
-not to-  
feel OK

Work pressure, repeat exposure to distressing events, exams and life beyond the hospital can all take their toll.

If you're struggling, please reach out – support is here.



### NATIONAL RESOURCES



Charity supporting the wellbeing of healthcare professionals. Podcast, support groups, webinars, additional resources



Practitioner Health

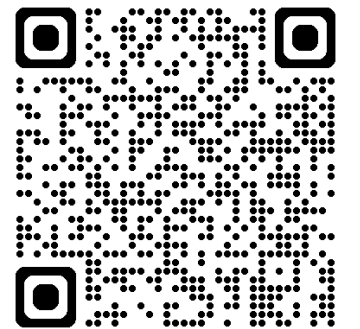


Self-referral service for confidential assessment and treatment of mental health and addiction issues

### FINANCIAL SUPPORT



MEDICS  
MONEY



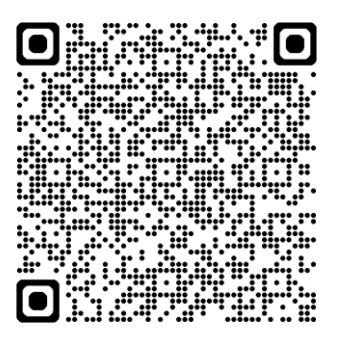
Advice, podcast, courses, or help to find an accountant

Financial grants for doctors:

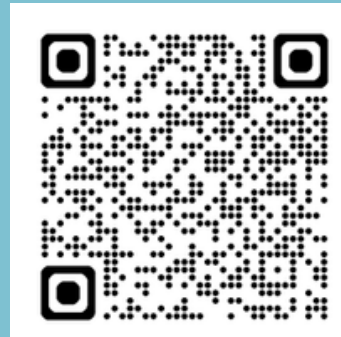
–Royal Benevolent Fund  
–Help me, I'm a doctor



### SOUTH WEST RESOURCES



Offers a confidential support, including counselling, coaching, exam support



Peer support group in all trusts in the South West providing local workshops and support for wellbeing

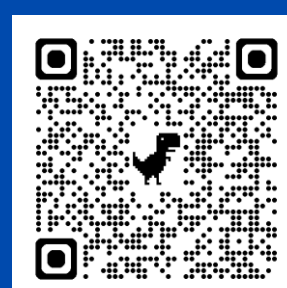


### SOUTHMEAD RESOURCES

Please get in touch with your Educational Supervisor and/or College Tutor – and remember, reaching out for support is a sign of strength, not weakness.



NBT Anaesthesia Training Hub website has lots of information for residents rotating to NBT. Check out the wellbeing tab



NBT has excellent confidential psychology services available. Scan QR or contact:  
[doctorwellbeingpsychology@nbt.nhs.uk](mailto:doctorwellbeingpsychology@nbt.nhs.uk)

### OTHER RESOURCES



Severn Anaesthesia mentoring programmes



LIFT Guides, Pay Guides and advice for pregnant anaesthetists



SupportRTT (Supported Return To Training)

#### FOR URGENT HELP 24/7

- Contact GP/ attend ED
- Samaritans [Call 116 123](tel:116123)
- BMA Wellbeing [Call 03301231245](tel:03301231245). No membership required
- Text SHOUT to [85258](tel:85258)

shout  
85258

Look out for the next SWELL day see [swatgroupanaesthesia](http://swatgroupanaesthesia.com) website for more details

SWELL  
Severn Wellness Day



Wellbeing contacts: there is a wellbeing consultant contact for each day Mon-Fri. See NBT training hub for more details



Coffee and Gas – every Thursday 11am



The clinical work at NBT may expose you to traumatic events. Formal support is available:  
[StaffTraumaSupport@nbt.nhs.uk](mailto:StaffTraumaSupport@nbt.nhs.uk)



PITSTOP –peer-led hot debriefs training. Contact Dr Amy Dodd if you are interested in attending the training ([Amy.Dodd@nbt.nhs.uk](mailto:Amy.Dodd@nbt.nhs.uk))



Look out for each other.

**A SMALL CHECK-IN**

can make a big difference.