

ASiT Mentoring Scheme: Useful Contacts

ASiT Contacts	Contact Details	Description of service
ASiT	Tel: 0207 9730 302 Email: info@asit.org	General enquiries Contact point for mentees, if there are concerns about mentors (first line)
Mentoring Scheme Manager	ASiT Director of Education piriyah.s@gmail.com	Contact point for mentors, in case of enquiries about scheme, mentees, etc.
Illness, Stress, Distress & Depression Addiction	Contact Details	Description of service
Alcoholics Anonymous	Tel 0845 769 7555 www.alcoholics-anonymous.org.uk/	
BMA Doctors for Doctors service	Tel: 020 7383 6739 www.bma.org.uk/doctorsfordoctors	Employment difficulties especially in relation to mental health problems and abuse of alcohol and drugs.
BMA Doctors Health and Wellbeing	Tel 0845 9200 169, Email: info.d4d@bma.org.uk www.bma.org.uk/ap.nsf/Content/Hubhealthandwellbeing	Provides telephone counselling by qualified counsellors.
British Association for Counselling and Psychotherapy	Tel 0870 443 5252, Email: bacp@bacp.co.uk www.bacp.co.uk	Lists counsellors in your area and an idea of cost
British Doctors' and Dentists' Group Medical Council on Alcohol	Tel: 020 7487 4445, Email mca@medicouncilacol.demon.co.uk www.medicouncilacol.demon.co.uk ,	A network of support groups of recovering medical and dental drug and alcohol users. The groups are accessed via the Medical Council on Alcohol
British Doctors' and Dentists' Group	Tel: 0870 444 5163 www.medicouncilacol.demon.co.uk	Support groups of recovering medical and dental drug and alcohol users. Access is through the Sick Doctors' Trust or the Medical Council on Alcohol.
British International Doctors Association	Tel: 0161 456 7828, Email: oda@doctors.org.uk	Where cultural or linguistic problems may be a contributing factor, doctors can access the health counseling panel.

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Doctors for Doctors	Tel: 020 7383 6739 www.bma.org.uk/doctorsfordoctors	The unit deals with a wide range of problems, including doctors subject to bullying and harassment, as well as supporting doctors who have been suspended or are going through a complaints procedure. Doctors contacting the unit are from a wide spectrum of specialties and grades, including medical students.
Doctors' Support Line	Tel: 0870 765 0001 www.doctorssupportline.org Email: deirdre@doctorssupport.org	A helpline offering peer support to doctors and medical students who want to talk through personal problems. All calls are answered by support.org trained volunteer doctors. Anonymous and confidential. Open 36 hours a week.
Doctors' Support Network (Mental Illness)	Tel: 0870 321 0642 Email: lizzie@dsn.org.uk	
Doctors' Support Network	Helpline Tel: 08707650001, Admin Tel: 08703210642 www.dsn.org.uk Email:secretary@dsn.org.uk	Self-help group for doctors with any form of mental health concern. Also seeks to reduce the isolation and stigma associated with mental ill health. Provides an email support forum, local support meetings and newsletter and runs the Doctors' Support Line, a confidential and anonymous peer support telephone line.
Drink Line - The National Alcohol Helpline	Tel 0800 917 8282 www.sstaffs.gov.uk/Default.aspx?page=13385	Help to callers worried about their own drinking. And support to the family and friends of people who are drinking.
GMC's Fitness to Practise Division	Tel 0207 580 7642	Informal advice and guidance about involving the GMC's health procedures.
International Stress Management Association	Tel 07000 780430, Email info@isma.org.uk www.isma.org.uk/	
Mind	Tel: 08457660163 www.mind.org.uk	
National Counselling Service for Sick Doctors	Tel: 0870 241 0535 www.ncssd.org.uk	Independent Advisory service for sick doctors.
Practitioner Health Programme	Tel: 0203 049 4505 Email php.admin@nhs.net www.php.nhs.uk	A service for medical and dental practitioners living within the London Strategic Health Authority area with issues that may relate to a mental or physical health concern or addiction problems, in particular where this might be affecting work

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Sick Doctors Trust	Tel: 0870 444 5163, Email help@sick-doctors-trust.co.uk www.sick-doctors-trust.co.uk	A 24-hour helpline manned by doctors. Independent charity, established 11 years ago. Completely confidential service providing advice, support and advocacy to doctors who believe they may have a problem with alcohol and/or drugs. Calls are welcomed from families, colleagues, employing organisations and others.
The Centre for Stress Management	Tel 020 8293 4334, Email dawncope.cfsm@btconnect.com , www.managingstress.com/index.html	
Finance Advice	Contact Details	Description of service
BMA Charities	Tel 020 7383 6141, Email info.bmacharities@bma.org.uk www.bma.org.uk/ap.nsf/Content/LIBCharities?OpenDocument&Highlight=2,Charities	
BMA Counselling British Medical Association	Tel: 08459 200 169	Provides 24/7 telephone counselling.
The Royal Medical Benevolent Foundation	Tel 020 8540 9194, http://www.rmbf.org/	Financial assistance to doctors.
The Royal Medical Foundation	Tel 01372 821010/821011, Email: caseworker@royalmedicalfoundation.org www.royalmedicalfoundation.org/	Support medical practitioners and/or their dependants who find themselves in financial hardship.
Career Advice	Contact Details	Description of service
BMJ Carers Chronic Illness Matching Scheme	www.bmjcareers.com/chill/	Opportunity for doctors who have a chronic illness, or disability, to receive informal careers advice from another doctor
BMJ Carers Discrimination Matching Scheme	http://www.bmjcareers.com/discrimination	Opportunity for doctors who feel that they have been discriminated against in some way, to receive informal support from another doctor
Surgeon-to-Surgeon Helpline	Tel: 0800 107 1916	Provides personal and professional advice and signposting.

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Other Advice	Contact Details	Description of service
British Association for Sexual and Relationship Therapy	Tel 020 8543 2707 Email info@basrt.org.uk www.basrt.org.uk	
British dental Association	www.bda-dentistry.org.uk	
Citizens Advice Bureau	General Advice: www.adviceguide.org.uk/ Debt-Advice: www.adviceguide.org.uk/index/life/debt.htm	
Gay and lesbian Association of Doctors and Dentist (GLADD)	Tel: 0870 765 5606 www.gladd.org.uk	
Medical Defence Union	Tel 020 7202 1500 Email mdu@the-mdu.com , www.the-mdu.com/	
Support4Doctors	Tel: 020 8540 9194 www.support4doctors.org Email:enquiries@rmbf.org	Doctors and their families in touch with a range of organisations who can help
The Overseas Doctors' Association	Tel 0161 456 7828	Health counselling panel, where cultural or linguistic factors are prominent.
The Samaritans	Tel 0845 7909090, Email jo@samaritans.org www.samaritans.org.uk	
Vantis Medical Advisory Group	www.vantisplc.com/Vantis/Sectors/Medical/default.htm	

This information was adapted from the London Deanery 'Useful Links' document.

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