

Are you a doctor or dentist in training?  
Are you stressed or distressed?

## Maybe Medic Support can help

Medic Support is a confidential service specifically for doctors and dentists training in Oxfordshire, Berkshire and Buckinghamshire, offering psychotherapy and psychology.

The service is flexible, offering a rapid response and a choice of therapeutic treatment in accessible Oxford settings.

You can refer yourself or you can be referred by a colleague such as an educational supervisor, or occupational health physician.

### Why this service?

Medical work is inherently stressful. Work-related and personal difficulties such as:

Workload responsibilities  
Conflict with colleagues  
Decision making  
Relationship and family troubles  
Grief and loss  
Response to trauma  
Emotional constraints  
Low self esteem

May cause anxiety, stress, depression and unhappiness.

We know that as a group, trainee doctors and dentists often find it difficult to acknowledge that they are stressed, or to ask for help. You may feel your problems are not serious enough or that you should be able to cope on your own. Or you may feel that it's risky to discuss your feelings.

Medic Support provides an opportunity to talk through such concerns in a confidential environment away from work, and has been found to alleviate many of these problems.

It is a small service, funded by the Oxford Deanery. By arrangement it can also offer similar support to qualified doctors and to non Deanery staff in training.

### What Medic Support offers

**Speed:** the service offers an early assessment session which may be followed by a limited number of therapy sessions.

**Choice:** the service offers a choice of therapeutic approach.

**Flexibility:** the service is flexible within working hours.

**Confidentiality:** the service operates on the basis of strict confidentiality. Medic Support does not provide any reports to tutors, employing authorities or referrers without your agreement. Any concerns about confidentiality can be discussed at the assessment meeting.

**Experience:** The service is run by experienced NHS staff, each of whom has worked for the NHS for more than 20 years and has a special interest in occupational stress.

Alison Croft, Consultant Clinical Psychologist. Alison is able to offer appointments at the May Davidson Building, Warneford Hospital, Old Road, Oxford, OX3 7JX

Dr Helen Jenkins, Consultant Clinical Psychologist. Helen is able to offer appointments at the May Davidson Building, Warneford Hospital, Old Road, Oxford, OX3 7JX

Gaynor Maxwell-Scott, Principal Adult Psychotherapist. Gaynor is able to offer appointments at the Isis Centre, Little Clarendon Street, Oxford, OX1 2HS

### **How to contact Medic Support**

You can contact Medic Support by phone or by email:

**Tel: Isis Centre Secretary on 01865 556648** (please note that this number will be changing to **01865 904552** on 6<sup>th</sup> January 2015)

**Email: [medic.support@oxfordhealth.nhs.uk](mailto:medic.support@oxfordhealth.nhs.uk)**

We aim to call you back within 5 days to discuss any queries you may have, to tell you a little more about our service and to set up an initial assessment, so please leave a mobile number.

If you are unsure whether you want or need our help, please do not hesitate to get in touch to find out more about the service.

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

Oxfordshire :      Talking Space      [www.talkingspaceoxfordshire.org](http://www.talkingspaceoxfordshire.org)  
(01865) 901 222

Buckinghamshire : Healthy Minds      [www.healthymindsbucks.nhs.uk](http://www.healthymindsbucks.nhs.uk)  
(01865) 901 600

Berkshire:      Talking Therapies [www.talkingtherapies.berkshire.nhs.uk](http://www.talkingtherapies.berkshire.nhs.uk)  
(0118) 976 9121 : Reading, Wokingham, Newbury  
(0300) 365 2000 : Bracknell, Slough, Winsor, Ascot,  
Maidenhead