

National services for sick doctors

Association of Anaesthetists' Sick Doctor Scheme:

Advice for anaesthetists. Tel: 020 7631 1650

BMA Counselling Service: provides 24/7 telephone counselling by qualified counsellors.

Tel: 0645 200 169

BMA Doctors for Doctors Service: provides help for doctors in employment difficulties especially in relation to mental health problems and abuse of alcohol and drugs. The unit provides a signposting service to the area of help that is of most pertinence to the individual doctor's case.

Tel: 020 7383 6739

British Doctors' and Dentists' Group: a network of support groups of recovering medical and dental drug and alcohol users. Students are also welcomed. The groups are accessed via the Medical Council on Alcohol.

Tel: 020 7487 4445 and see www.medicouncilalcol.demon.co.uk

British International Doctors' Association: where cultural or linguistic problems may be a contributing factor doctors can access the health counselling panel. Tel: 0161 456 7828

E-mail: oda@doctors.org.uk

British Medical Journal Careers: a web-based matching scheme for doctors who have chronic physical illness (www.bmjcareers.com/chill) and for those who have suffered from discrimination in their careers (www.bmjcareers.com/discrimination).

Clinicians' Health Intervention Treatment and Support: CHITS promotes a consistent response to substance misuse problems in clinical staff throughout the United Kingdom. The confederation recognises that dedicated services to deal with addictive behaviour in healthcare professionals are important components in any effective response to their problems.

Tel: 01335 342144 E-mail: avoca@birdsgrove.freemove.co.uk

Doctors' Support Network and Doctors' SupportLine: self-help organisations for doctors with or who have recovered from mental illness. Tel: 0870 765 0001

E-mail: lizzie@dsn.org.uk and see www.dsn.org.uk and www.doctorssupportline.org

National Counselling Service for Sick Doctors: provides independent, confidential advice by doctors to sick doctors and their colleagues when ill health may be impairing safe medical practice. Tel: 0870 241 0535 (helpline). E-mail (admin only, please): contact@ncssd.org.uk and see www.ncssd.org.uk

Royal College of Obstetricians and Gynaecologists: the College provides mentoring support for its Members and Fellows in difficulties. Guidelines are available on the College's website at www.rcog.org.uk Tel: 020 7772 6369

Royal Medical Benevolent Fund: provides financial help for sick doctors.

Tel: 020 8540 9194. E-mail: seniorcaseworker@rmbf.org and see www.rmbf.org

Sick Doctors' Trust: a pro-active service, self-help organisation for addicted physicians.

Tel: 0870 444 5163 and see www.sick-doctors-trust.co.uk

Help may often be obtainable from the doctor's GP, medical defence organisation, the NHS occupational health service, the postgraduate deanery and the LMC.

Details of the General Medical Council's role in helping sick doctors can be found at: www.gmc-uk.org

Go to Site Map – then to Problem Doctors – then to 'Helping doctors who are ill'.