

## **Anaesthetic Wellbeing & Crisis Resources**

Your health and wellbeing are so important, more so than ever in the current climate during the Coronavirus pandemic. Anxiety is a completely normal and pretty much universal response to all of this, made harder when it is difficult to escape the cause either at home or at work. If you're looking to get urgent help for yourself or another, here are some local and national crisis resources that may be of use. In addition to Coronavirus-related anxiety, these resources are of help for all work-related problems: bullying; insecurity; personal, family or relationship issues; loneliness; mental health flare-ups & crises; addictions; self-harm or suicidal thoughts. Remember that you *always* have someone to speak to, day or night – friends, family, your peers, an educational supervisor, your TPD, a trusted colleague, your local welfare lead, or an independent professional in person/on the end of the phone as below.

If you're worried about your own or someone else's mental health and think that you/they are in imminent danger of harm, do not hesitate, and contact the emergency services and/or one of the crisis numbers below.

### **Crisis and COVID-19 Specific Resources**

- Here For You NHS Lothian helpline
  - This is a dedicated helpline for psychosocial support for NHS Lothian employees during the Covid crisis, based at the Rivers Centre, and will be staffed by senior clinicians.
  - Call 0131 451 7445, available Mon-Fri 8am-6pm
  - They will be able to give you a 20-30min consultation, with confidential psychological support and guidance
  - If you can't call in those hours, email [Here4U@nhslothian.scot.nhs.uk](mailto:Here4U@nhslothian.scot.nhs.uk) leaving your name and contact details, and someone will get back to you as soon as possible.
  
- Staff Listening Service
  - This is a phone-based support service for NHS Lothian staff, where you can explore your thoughts in a non-judgemental & safe environment. They can signpost you elsewhere to specialist services if required.
  - Call 07888 998084, available 9am-9pm 7 days a week.
  
- General Coronavirus staff advice line for Health and Social Care
  - Call 0131 537 8530, available Mon-Fri 8am-6pm
  
- NHS Occupational Health – please note that during the current Covid crisis, self-referrals are being dealt with via email for most. Use the above Coronavirus advice line for Covid-specific Qs.
  - Occ Health is a service made up of nurses & doctors who are specialists in dealing with fitness of the individual for work, and of the fitness of your workplace for you. They offer multiple free, confidential services for NHS employees, including:
    - Health surveillance
    - Short-term counselling (6 one-hour sessions max)
    - Medical & physiotherapy referrals
    - Sickness absence advice and assessment
  - Email them at [OHSCS@nhslothian.scot.nhs.uk](mailto:OHSCS@nhslothian.scot.nhs.uk) and state 'Self Referral' in the subject line. Include a contact number and your DOB.

- You can also call on 0131 537 9361/9372 or you can be referred by your employer directly, but at present they are so busy it may take a long time to answer your call, and if it is Covid-specific, please use the above Coronavirus staff advice help line.
  - As this is a service within work, they may advise you and/or your direct line manager that you should not be working, or working differently, if there might be an impact upon your health or the safety of others.
- Emergency Department
    - If in doubt about your own or someone else's safety, contact/present to your local emergency department and/or call 999 for immediate help.
  - Edinburgh Mental Health Assessment Service
    - Edinburgh's Mental Health Assessment Service is based at the Royal Edinburgh Hospital, and is a 24/7 nurse-led emergency mental health assessment service. Their walk-in service is suspended during the Covid crisis, so call 0131 286 8137 or 0131 537 6000 and you will be able to speak directly to a mental health nurse.
  - [The Samaritans](#)
    - A safe place to talk if you're having suicidal thoughts. Call 116123 from any phone (24/7).
  - [Breathing Space](#)
    - For those with low mood or depression; call 0800 838 587 for their free & confidential phone line (24hrs at weekends; 6pm-2am weekdays).
  - [CALM](#) (campaign against living miserably)
    - For men with suicidal thoughts; call 0800 585858 (5pm-midnight, 7 days).
    - They also have a webchat facility if you'd rather text-based communication.
  - [Papyrus](#)
    - For people under the age of 35 with suicidal thoughts. Call 0800 0684141 or text 07786 209697 (Mon-Fr 10am-10pm; weekends & bank holidays 2pm-10pm).
  - [NHS Lothian Support Services](#)
    - The NHS Lothian Support Services page has many useful links and resources to local and national support networks, including bereavement, loss of a child and financial pressures.
  - Edinburgh crisis centre
    - Call 0808 801 0414 for a community based 24/7 service for those who are using mental health services (including GP) or have done so in the past. It's an alternative to contacting the hospital, and is part of social care services in Edinburgh, partnered with NHS Lothian and the council.
  - [Edspace](#)
    - This Edinburgh-based website database signposts to local mental health services, with lots of links to e.g. resources and support groups.
    - It has a number of helpful fact sheets, particularly useful for those trying to support friends & family.

## Other Online/National Resources

- [AAGBI wellbeing & support page](#)
  - This page has a number of useful national links, and is a font of information on resources, from advisory services to counselling.
- [RCOA personal difficulties page](#)
  - Another very useful page for national services, including financial help.
- [Sick Doctors Trust](#)
  - A helpline and service set up by doctors with previous addictions, for doctors with addictions (alcohol and other drugs). It's aimed at helping to safeguard patients and doctors alike. Call 0370 4445163 (24/7) for anonymous, independent help and advice.
- [BMA doctors & wellbeing page](#)
  - As well as a number of great wellbeing services and links, this page has a link to BMA counselling and advice, which is 24/7 and is available on 0330 1231245.
- [The Doctors Support Network](#)
  - A confidential peer-support network, that doesn't provide medical advice or formal counselling but does give support from other medics who have been through tough times themselves.
- [Living Life to the Full](#)
  - This site, set up by a psychiatrist in Glasgow, offers free online courses covering low mood and stress and all of the common linked problems this causes. Aiming to work out why you feel as you do, how to tackle problems, build confidence, get going again, feel happier, stay calm and tackle upsetting thinking.
- The Royal College of Psychiatry website has several handy advice pages, which are not all specific to working in psychiatry.
  - [Coping after a traumatic event](#)
  - [PTSD](#)
  - [Traumatic Stress in Children](#)
  - [Mental Health Advice Section](#)
  - [Psychiatrists Support Page](#)
- [MIND](#)
  - Charity that provides advice and support to empower those with, or are looking out for those with, mental health problems. Call 0300 1233393 or visit their website for information.
- [Health in Mind](#)
  - Scottish charity promoting positive mental health & wellbeing, offering services such as counselling, befriending, combatting isolation and self-help.
  - Edinburgh/Lothian/Borders number to call for more information about services in your area is 0131 225 8508.