

## Mental wellbeing and the health, caring and education professions: an evolving resource list.

Please email [jillclare@gmail.com](mailto:jillclare@gmail.com) with other links for inclusion.

### Organisations

#### Health and Social Care

##### [College of Medicine Mental Health Group](#)

Champions better mental health, training and support for the NHS workforce as an essential determinant of delivering excellent care to all patients. Works together with the [Self Care Group](#).

##### [Disability and Wellbeing Network \[NHS England\]](#)

NHS England's DAWN works in partnership with NHS England, disability networks across the NHS and other areas to create a safe, inclusive and diverse working environment that encourages respect and equality for all.

##### [Doc Health](#)

A new confidential, not for profit, psychotherapeutic consultation service for all doctors

##### [Doctors' Support Network](#)

A fully confidential, friendly peer support group for doctors and medical students with mental health concerns.

##### [Health for Health Professionals](#)

Designed to offer enhanced competencies for occupational physicians who see doctors as patients.

##### [HOP-MH](#)

Honest Open and Proud mental health professionals project supports mental health professionals who experience mental health problems in reaching disclosure decisions through a self-help intervention

##### [National Forum for Trainee / Qualified Psychologists with Lived Experience of Psychological Distress](#)

Embryonic forum for trainee / clinical psychologists with lived experience of psychological distress. Being set up by Nalie Kemp. The hashtag for the Forum is #IntegrateMH.

##### [NHS GP Health Service](#)

A confidential NHS service for GPs and GP trainees in England.

### [NHS Health at Work](#)

A network of occupational health teams dedicated to ensuring that the NHS has a healthy, motivated workforce that is able to provide the best possible patient care.

### [NHS Practitioner Health Programme](#)

A free and confidential NHS service for doctors and dentists with issues relating to a mental or physical health concern or addiction problem, in particular where these might affect their work.

### [Pharmacist Support](#)

An independent charity working for pharmacists and their families, former pharmacists and pharmacy students to provide help and support in times of need.

### [Psychiatrists' Support Service](#)

A free, confidential support and advice service for psychiatrists at all stages of their career who find themselves in difficulty or in need of support.

### [Surviving Work in Healthcare](#)

A free online resource designed for people working on the frontline.

### [Wellbeing in the Caring Professions](#)

Works with professionals in the NHS and social services to develop wellbeing interventions to supplement their existing programmes.

## **Education**

### [Bridge Network](#)

A network of peer support groups led by healthcare student peer facilitators; meeting with each other and providing a safe space to gain support and talk about mental health.

### [Education Support Partnership](#)

The only charity dedicated to improving the health and wellbeing of the entire education workforce. Formed from a merger of the Teacher Support Network, Recourse and Worklife Support.

### [Mental Wellbeing in Higher Education Working Group](#)

Aims to increase collaboration between the different sectors, agencies and professional groups responsible for mental wellbeing in higher education.

### [National Association of Disabled Staff Networks](#)

A super-network that connects and represents disabled staff networks in universities and colleges

### [UK Healthy Universities Network](#)

Supporting members to develop and implement 'whole university' approaches to health, wellbeing and sustainability.

## **Campaigns**

### [Battling Burnout](#)

Pulse's Battling Burnout campaign aims to highlight stress and burnout amongst GPs.

### [Caring for You](#)

Royal College of Midwives campaign

[Respect for Social Work](#)

BASW and SWU campaign

[Tackling Stress in Dentistry](#)

British Dental Association campaign.

*Jill Anderson, Mental Health in Higher Education project, 18 October 2017*  
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