

COVID-19 Coach/mentors

Organisations that offer support for dental professionals

Dental

NHS Practitioner Health – Mental Health Support and Advice

All NHS doctors and dentists in England now have access to a comprehensive mental health service and can get confidential advice and support, in person or over the phone, if they've faced a stressful incident at work or feel they are struggling with their mental health. Staff can access support 24/7 through a dedicated phone line and a crisis text service available through the night.

How to contact NHS Practitioner Health: call 0300 0303 300 or email prac.health@nhs.net.

The line is open Monday to Friday 8am to 8pm and Saturday 8am to 2pm.

Text NHSPH to 85258 for the out-of-hours crisis text service.

Local Dental Committees

LDCs operate across the whole of the UK. As part of their role they provide pastoral support to dental practitioners and many provide practitioner advice and support schemes (PASS). A list of contacts are given at the end of this factsheet.

The British Doctors' and Dentists' Group

This is a mutual support society for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs. It provides venues to meet for confidential, mutual support and encouragement.

Website: www.bddg.org

Dentists' Health Support Programme

Providing dental professionals with free advice and support on alcohol, drugs, eating disorders, mental health and other health issues.

Tel: 020 7224 4671

Website: www.dentistshealthsupporttrust.org

Email: dentistsprogramme@gmail.com

Health Education England

The teams that provide postgraduate dental and medical education are within HEE. They used to be deaneries, and are now part of local teams. They may also be referred to as the PGMDE or healthcare education (HET) teams.

- East Midlands - [East Midlands Deanery](#)
- East of England - [Health Education East of England](#)
- Kent Surrey and Sussex - [Kent, Surrey and Sussex Education](#)
- London - [Health Education England - London](#)
- North east and north Cumbria - [Made in HEE North East](#)
- North west - [North West Postgraduate Medicine and Dentistry](#)
- Oxford - [Oxford Deanery](#)

- Peninsula - [Peninsula Deanery](#)
- Severn - [Severn Deanery](#)
- West Midlands - [West Midlands Deanery](#)
- Wessex - [Wessex Deanery](#)
- Yorkshire and Humber - [Yorkshire and Humber Deanery](#)

HEE have teams known as Professional Support Unit's (PSU) or Professional Support and Wellbeing services (PSW). These services support trainee doctors and dentists (DFT and DCT) with targeted solution-focused support. We all face personal and professional difficulties that have an impact on how we feel and perform in the workplace, and it's no different for trainees.

NHS Practitioner Health Programme

The Practitioner Health Programme (PHP) is a confidential, NHS treatment service for doctors and dentists who are unable to access confidential care through mainstream NHS routes due to the nature of their role and/or health condition. PHP is a free confidential service for doctors and dentists who have mental and/or physical health concerns and/or addiction problems and who live in the London area. There is provision for referrals outside London.

Tel: 020 3049 4505 Website: www.php.nhs.uk

Confidential 0333 9875158 website www.confidential-helpline.org available 24/7.

Confidential is a telephone helpline service manned by dedicated dentist volunteers who have received training in listening to colleagues who are in a state of emotional distress. We aim to help callers find their way to a solution and are often able to signpost callers to the most appropriate organisation who can help them. We can listen, be empathetic and understand a caller's anxieties. We are non-judgmental and interested (rather than interesting) recognising that the caller may have no-one else with whom to share their anxiety. Our purpose is to provide emotional first aid for dentists in distress. We can allow you to offload and talk through your issues in complete confidence; we will then offer you signposting to further useful organisations if appropriate. Sometimes all we are needed to do is listen!

The Society of British Dental Nurses www.sbdn.org.uk

Helpline: 07437 481182 Monday – Friday 9.30 – 19.00 Saturday 9.39 – 14.00

An organisation established specifically with dental nurses in mind. SBDN has 3 trained mental health first aiders and a link to a qualified medical health practitioner with a referral process. We opened the helpline up 10 days ago and it has been manic, so needed.

BDA Benevolent Fund www.bdabenevolentfund.org.uk
Contact: 0207 4864994 info@dentistshelp.org

The charity supports all undergraduate dentals students, dentists and their families, living in the UK who are in financial need. You do not need to be a member of the BDA to seek help. You can also access extra health and wellbeing support over the phone, in an online portal and through the e-hub app including access to counselling via their partnership with Health Assured. Please visit their website at: <https://www.bdabenevolentfund.org.uk/other-support/> for further information.

BDA – Health Assured – <https://bda.org/healthassured>

BDA member association – employee assistance programme

A confidential benefit, dealing with personal and professional problems. Helpline 24/7, 365 days a year. Service for BDA members, immediate family (that is spouse or partners and dependent children aged 16 to 24 who are in full time education or living in the same household),

- **Life support:** counselling for emotional problems
- **Legal information:** including debt management, accountancy, lawsuits, consumer disputes, property or neighbour disputes.
- **Bereavement support**
- **Medical information**
- **CBT online**
- **Virtual library of wellbeing information**

Broader Support

Occupational health

An [occupational health service](#) is now available to NHS GPs and dentists working across the South of England.

The Heales Medical Group, an established provider of occupational health services began delivering the new service on 1 April 2017, following a procurement across the region.

Alcoholics Anonymous UK

Tel: 0800 917 7650

Website: www.alcoholics-anonymous.org.uk

Email: help@aamail.org

Narcotics Anonymous UK

Helpline Tel: 0300 999 1212 – 10am to midnight

Website: www.ukna.org

Samaritans

The Samaritans provides confidential non-judgemental emotional support, 24 hours a day 365 days a year, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel: 116 123 (FREEPHONE for callers in UK mainland and Republic of Ireland)

Website: www.samaritans.org

Email: jo@samaritans.org (for emotional support)

Some links identified by Dominic Hurst (one of our COVID-10 mentor colleagues)

- Signpost all to 116 123 when anyone is struggling to cope. Our national website is very useful. You may wish to use the following weblinks: <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/>
- <https://www.samaritans.org/how-we-can-help/support-and-information/if-youre-having-difficult-time/if-youre-worried-about-your-mental-health-during-coronavirus-outbreak/>
- Also the new OurFrontline service is particularly for key workers and health practitioners who are having to deal with so much during this Covid time. More info at these two weblinks:
- <https://www.samaritans.org/news/leading-mental-health-charities-unite-bring-round-clock-support-our-frontline/>

Mental Health at work

- <https://www.mentalhealthatwork.org.uk/ourfrontline/>

Refuge www.refuge.org.uk 0808 2000247

The Freephone National Domestic Abuse Helpline is open 24 hours a day, seven days a week. Our expert advisers offer confidential, non-judgmental support and information as well as access to specialist domestic violence services across the country.

Women's Aid www.womensaid.org.uk info@womensaid.org.uk

Work to ensure women are believed, know abuse is not their fault and that their experiences have been understood.

Access local domestic abuse service by - Domestic Abuse Directory

www.womensaid.org.uk/domestic-abuse-directory

Mind www.mind.org.uk

Mind have an access tool for those needing urgent help, extract from their website below:
Using this tool

This tool is designed to help you understand and manage your situation when you feel like

you need help. If you want to speak to someone right now, the quickest route is to access emergency services.

For urgent medical attention, your options are Accident & Emergency (A&E) and Emergency GP appointments.

For urgent medical advice you can call the NHS 111 (England) or NHS Direct (Wales).

* This tool is for people who need urgent help. If you are worried about someone else, [click here](#). [Continue](#)

Relate www.relate.org.uk

Relate is a charity providing relationship support throughout the United Kingdom. Services include counselling for couples, families, young people and individuals, sex therapy, mediation and training courses. Relate also offers online services including webcam counselling and a therapeutic based LiveChat service.

Other resources: (these have been shared by members of the group)

An app to help people identify they or someone they know is in an abusive relationship. It's called Bright Sky and is from Hestia.

<https://www.hestia.org/brightsky>

Mental Health First Aid

An algorithm to assess contacts with dentists and team members to try to assess when natural concern crosses the boundary to pathological anxiety or depression.

powerpoint – please find as a separate resource on DMUK website

Mental Health at work

Our Frontline offers **round-the-clock one-to-one support, by call or text**, from trained volunteers, plus **resources, tips and ideas to look after your mental health** for health and key workers.

<https://www.mentalhealthatwork.org.uk/ourfrontline/>

Bereavement Resources

Cruse Bereavement Care

<https://www.cruse.org.uk>

Local Bereavement Forums eg Leeds

www.lbforum.org.uk

The Federation of Small Businesses

Advice and guidance for small businesses and the self employed

website www.fsb.org.uk

LDC contacts (reproduced from BDA website)

Region/country	Representative	
<p>North East region</p> <p><u>Northern Regional Council of LDCs</u></p> <ul style="list-style-type: none"> • Cumbria • Gateshead & South Tyneside • North Tyne • Northumberland • Sunderland • Durham and Darlington • Tees 	<p>Regional representative: Az Hyder /Charlie Daniels</p>	
<p>North West region</p> <p><u>Manchester Federation of LDCs</u> (comprising:)</p> <ul style="list-style-type: none"> • Bolton • Bury & Rochdale • Manchester • Salford • Stockport • Trafford; • West Pennine • Wigan • East Lancashire • Lancashire Central • Lancashire Coastal • Liverpool • Mid Mersey • Sefton • South Cheshire • Wirral 	<p>Regional representative: Stuart Allan</p>	
<p>Yorkshire and The Humber region</p> <ul style="list-style-type: none"> • Barnsley • Bradford and Airedale • Calderdale and Kirklees • Doncaster & Bassetlaw • East Riding • Leeds • North Yorkshire • Rotherham • South Humber 	<p>Regional representative: Ian Gordon</p>	

<ul style="list-style-type: none"> • Sheffield 		
<p>East Midlands region</p> <ul style="list-style-type: none"> • Derby City • Derbyshire County • Nottinghamshire • Leicester • Lincolnshire 	<p>Regional representative: Andrew Dale</p>	
<p>West Midlands region</p> <ul style="list-style-type: none"> • Arden and Hereford • Birmingham • Coventry • Dudley • North Staffordshire • Sandwell • Shropshire • Solihull • South Staffordshire • Walsall • Warwickshire • Wolverhampton • Worcestershire 	<p>Regional representative: Eddie Crouch</p>	
<p>East of England region</p> <p>Bedfordshire Cambridgeshire and Peterborough Essex Hertfordshire Milton Keynes Norfolk Northamptonshire Suffolk</p>	<p>Regional representative: Nick Stolls</p>	
<p>London region</p> <p>Federation of London LDCs</p> <ul style="list-style-type: none"> • Barking and Havering • Barnet • Bexley and Greenwich • Brent and Harrow • Bromley • Camden & Islington • Chelsea and Westminster • Croydon • East London and the City • Enfield and Haringey • Ealing • Hammersmith & Hounslow • Hillingdon • Kensington 	<p>Regional representative: Michael Clarke</p>	

<ul style="list-style-type: none"> • Kingston & Richmond • Lambeth, Southwark and Lewisham • Merton, Surrey and Wandsworth • Redbridge & Waltham Forest 		
<p>South East Coast region</p> <ul style="list-style-type: none"> • East Sussex • Kent • Surrey • West Sussex 	<p>Regional representative: Barry Westwood</p>	
<p>South Central region</p> <p>Dorset Hampshire and IOW</p> <p>Berkshire Buckinghamshire Oxfordshire</p>	<p>Regional representatives: Keith Percival</p> <p>Nilesh Patel</p>	
<p>South West region</p> <ul style="list-style-type: none"> • Avon • Cornwall & Isles of Scilly • Devon • Gloucestershire • Somerset • Wiltshire 	<p>Regional representative: Andrew Taylor</p>	
<p>Wales</p> <ul style="list-style-type: none"> • Bro Taf Local Dental Committee • Dyfed & Powys Local Dental Committee • Gwent Local Dental Committee • North Wales Local Dental Committee • Morgannwg Local Dental Committee 	<p>Representative: Ian Douglas</p>	