

Hi all

A note on welfare and wellbeing.

Please come speak to us if you're struggling - personally or professionally. There is a close link between the two and we can, at least, try ease any professional burdens, allowing you to focus on any personal issues you may have. Take time to look after yourself - some time off when not right may mean you are healthier/happier at work in the longer run.

Sources of support, should you need it:

Generic:

GP and Primary Care Team

Primary Care Mental Health Team (often accessible via self-referral)

Samaritans or Breathing Space for crises

Forth Valley:

Educational Supervisor (or any another consultant you may prefer)

ICU psychologist (Emma) - available to all staff in confidence, including a safe space out with the unit, for signposting

Director of Medical Education - Dr Kate Patrick, Consultant Gynaecologist or Dr Chris Kelly, Consultant Endocrinologist

Occupational Health (2nd floor)

Other:

BMA - employment matters and confidential counselling

Defence union - can help with any medico-legal issues, complaints, adverse events advice etc

NES - includes a dedicated Professional Support Unit, can self-refer for help

GMC - include a confidential counselling service

I hope you all stay safe and well.

Best wishes,

Marc