THE STUDENT DOCTORS' SUPPORT NETWORK

The **Doctors' Support Network (DSN)** is a warm, friendly self-help group for doctors & medical students with mental health concerns. These problems include stress, burnout, anxiety, depression, bipolar depression, psychoses and eating disorders. We believe that contact with and support from other doctors & medical students can help recovery. All those in the network have themselves been troubled at some stage in their lives. This network is therefore well placed to help those who are beginning the slow process of re-establishing themselves after a breakdown or other mental crisis. We also believe that appropriate support offered before a crisis develops helps defuse it.

The network seeks to reduce the isolation and stigma associated with mental health concerns. It is not group therapy, nor does it have other therapeutic aims. It seeks to complement other sources of support and fills a gap not otherwise catered for.

So far most of our work has been with doctors but we recognise that medical training can be difficult and stressful and that problems may first reveal themselves at university. We therefore want you, as **medical students**, to feel welcome and are looking for ways we can develop our work so that we can help you. We are hoping to develop specific support groups and email fora so that you too can get support for your specific needs. This is your group and we want to know what you feel would be useful.

Our Newsletter is available to medical students and doctors and DSN also runs the **Doctors' Support Line (DSL)** – a confidential and anonymous peer support helpline for doctors and medical students who need someone to talk to whatever their concerns.

www.dsn.org.uk

email: students@dsn.org.uk

or write to:

Doctors' Support Network
PO Box 360
Stevenage
SG1 9AS

Tel:

DSN 0871 245 8376
(for information about DSN)
DSL 0870 395 3010
(confidential, anonymous helpline)

AVAILABLE HELP

Other Phone lines

University Nightline – a listening, support and information service, run by students for students.
www.nightline.niss.ac.uk
enquiries@nightline.ac.uk

Samaritans
Tel: 08457 90 90 90
www.samaritans.org
jo@samaritans.org.

Specific to Medicine

BMA Counselling & Doctors for Doctors Service 24hrs counselling service for personal, emotional or work-related problems plus choice of speaking to a doctor-adviser
Tel: 08459 200 169

Support4Doctors
www.support4doctors.org
www.money4medstudents.org
Website run by the RMBF – aims to put doctors and their families in touch with a range of organisations who can help. Covers: Work & career; Money & finance; Health & well-being; Family & home

BMA
www.bma.org.uk Tel: 0870 60 60 828

BMJ Careers Focus
www.bmjcareers.com

Independent Career Assessment
www.medicalforum.com

Support for Students

NUS – provides welfare services and independent advice www.nusonline.co.uk

Skill – National Bureau for Students with Disabilities www.skill.org.uk info@skill.org.uk
Tel: 0800 328 5050

Disability Advice Officers – available in each University

Mental Health Charities

Mind
The leading mental health charity in England and Wales. Works to create a better life for everyone with experience of mental distress
Tel: 0845 766 0163
www.mind.org.uk

Depression Alliance –Leading UK charity for people affected by depression
www.depressionalliance.org
information@depressionalliance.org

Journeys (DA Cymru)
www.journeysonline.org.uk
info@journeysonline.org.uk

MDF The BiPolar organisation – user-led charity working to enable people affected by bipolar disorder to take control of their lives
www.mdf.org.k
www.mdfwales.org.uk

B-eat – national charity providing help, information and support for people affected by eating disorders, in particular anorexia & bulimia nervosa.
www.b-eat.co.uk help@b-eat.co.uk
Tel: 0845 634 1414

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DSN

Registered Charity No: 1103741