

## Accessing additional support

At any point in your time out journey, you may find you need some additional support to help you move forward. Understanding what type of support you require is the first step to finding the right person/service to help you. Below are a few suggestions of who to approach based on the type of support you may need.

<b>Emotional &amp; Psychological support</b>	<p>When you need help overcoming a personal difficulty/significant life event/bereavement/anxiety/stress/burnout/depression/addiction/eating disorder etc. Remember, asking for help is sign of strength not weakness:</p> <ul style="list-style-type: none"> <li>• GP</li> <li>• Occupational health</li> <li>• Professional Support &amp; Wellbeing unit – psychological support, self-referral</li> <li>• Health practitioner programme – a free service for all doctors, self-referral</li> <li>• External support services</li> <li>• Family &amp; friends</li> </ul>
<b>Personal &amp; Professional development</b>	<p>Our personal and professional lives impact on each other so it's often helpful to think about both these areas when making plans for the future or thinking about how to overcome our challenges.</p> <ul style="list-style-type: none"> <li>• PSW</li> <li>• Mentoring</li> <li>• Educational supervisor</li> <li>• Self-help material</li> </ul>
<b>Career and Professional Skills</b>	<p>For career advice, considering a change in career direction, developing your career portfolio, or those who have professional skills to address:</p> <ul style="list-style-type: none"> <li>• PSW – exam support, career coaching</li> <li>• Training programme director/college tutor/educational supervisor – discussions about career direction/planning</li> </ul>
<b>Job planning &amp; training related support</b>	<p>For specific help with training related issues</p> <ul style="list-style-type: none"> <li>• Head of school</li> <li>• Training programme director</li> <li>• College tutor</li> <li>• Educational supervisor</li> <li>• LTFT champion</li> <li>• Peer buddy</li> </ul>
<b>Return to work planning</b>	<p>If you need help strategising a plan for your return to work, including overcoming personal or logistical issues:</p> <ul style="list-style-type: none"> <li>• TPD/College tutor/Educational supervisor</li> <li>• NHSE EoE SuppoRTT team</li> <li>• Consultant Trust SuppoRTT Champion</li> <li>• Peer Specialty SuppoRTT Champion</li> <li>• LTFT champion</li> <li>• Mentor with RTW experience</li> </ul>

# Additional Resources

For more information about the Supported Return to Training (SuppoRTT) initiative, please visit the SuppoRTT page of the Health Education England, East of England website below. Here you will find further supportive materials and guides to help you in your return to training. If you would like to get in touch, please contact the SuppoRTT Project officer using the email address below:

## Contact Us

Email: [england.supporttt.eoe@nhs.net](mailto:england.supporttt.eoe@nhs.net)

Web: <https://heeo.ee.hee.nhs.uk/psw/supported-return-training>



## For Parental leave & Childcare

For information on maternity/paternity/shared parental leave, child benefit, tax credits, 30 free hours, tax free childcare, financial help for disabled children & more:

- Gov.uk website on Childcare & Parenting - <https://www.gov.uk/browse/childcare-parenting>
- Trust Parental leave policy
- Section 15: Parental leave - NHS Terms & conditions  
<https://www.nhsemployers.org/publications/tchandbook>
- BMA Working Parents - <https://www.bma.org.uk/advice/work-life-support/working-parents>
- Finding childcare - <https://www.childcare.co.uk>

## Financial help

NHS Employers – updated information on pay & contracts

<https://www.nhsemployers.org/pay-pensions-and-reward/medical-staff/doctors-and-dentists-in-training>

- BMA – reduction in fees
- Royal colleges may offer reduction in subscription
- GMC offers reduction in fees if on low income
- Medical Defence will allow you to pause but remember to restart when returning

## Health & Well-Being

Contact **PSW** including referral for psychological support – [england.psw.eoe@nhs.net](mailto:england.psw.eoe@nhs.net)

Contact your trust **OH** service

Contact your local **GP** or **Practitioner Health Programme**:

<https://www.practitionerhealth.nhs.uk>

**National resources** - <https://heeo.ee.hee.nhs.uk/psw/resources/national-support-services>