

Everything Wellbeing: What Is the PSW?

 Reading Time: 4 Minutes

Dear Resident Doctors,

Welcome back to another *Everything Wellbeing* post!

Today we will talk about the PSW service

Why Talk About the PSW?

A few weeks ago, I was invited to speak at RTD for ACCS trainees, and in the feedback, something surprising came up: many trainees had never heard of the PSW or didn't know what it offers.

I didn't either, until I went through a tough time and my supervisor pointed me in their direction.

So here's a bite-sized breakdown of what the Professional Support and Wellbeing (PSW) Service actually does and how it could help you or a colleague.





1. What Is the PSW?

The PSW supports postgraduate doctors in training who are facing personal or professional challenges that might be affecting their ability to train.

Training can be intense. And sometimes, the usual support from supervisors just isn't enough. That's where PSW comes in, they offer specialist, compassionate support when you need it most.

2. What Support Does the PSW Offer?

Here's a quick look at what's available:

-  Exam support
-  Psychological support
-  Careers advice
-  Help with LTFT, sick leave, or returning to work

- 🧩 Neurodiversity screening & assessment
 - 🤝 Peer mentoring
 - 🚀 Personal development & coaching
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3. When Might You Need PSW Support?

Some examples include:

- Returning after long-term sick leave
 - When training isn't going as planned
 - If personal stress is affecting your work
 - If you're unsure about your career path
 - Struggles with communication, time management, or organisation
 - Challenges with exams
 - Being involved in a clinical incident
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4. How Do You Refer Yourself?

You can self-refer—no supervisor needed. 🙌

 [How to Refer to PSW](#)

(Insert link above to referral page)

5. What Happens After You Refer?

- Your referral is reviewed within 5 working days
- You're offered a meeting with a case manager usually within 3 weeks, or sooner if urgent
- At your meeting, you'll explore what's going on, agree on a plan, and be signposted to the right support

It's that simple.

6. Will This Affect My Training?

Nope. Not at all.

Engaging with the PSW will not negatively affect your training, ARCP outcome, or progression.

Your Educational Supervisor and TPD will *only* know that PSW is supporting you; they will not have access to the details of your case.

Asking for help isn't a sign of weakness it's a sign of self-awareness and strength.



My Experience with the PSW

I contacted the PSW when things felt overwhelming, and it made a huge difference.

My case manager was empathetic, kind, and truly helpful. I was nervous about referring myself, but those nerves disappeared after the first meeting.

Now, I have the privilege of working alongside the PSW team to help spread the word because honestly, more trainees should know about this incredible service.

Final Thoughts

So if you're going through a tough time:

You are not alone. There's help available.

Make use of it. You *deserve* support, just like anyone else.

And as always



“Take great care of yourself,
so you can take great care of others.”




Warm regards,

Junaid

Your Friendly Neighbourhood Wellbeing Fellow

Helpful Links

1.  [PSW Website](#)
2.  [PSW Infographic](#)

3.  [How to Refer](#)
4.  [PSW Testimonial Video](#)
5.  [What is the PSW?](#)