



Professional Support & Wellbeing (PSW) & Supported Return to Training (SuppoRTT)

Overview

- About the PSW
- Why might you need support from the PSW?
- What can the PSW offer?
- PSW referrals and contact details
- Supported Return to Training (SuppoRTT)
- Where to get help
- National resources



Professional Support and Wellbeing (PSW)



Our vision

- To guide doctors, dentists and pharmacists in training through supportive interventions that make a positive difference to their training and wellbeing in the East of England.

Our aims

- To support educators and doctors, dentists and pharmacists in training to be as effective as possible in their roles.
- To provide fast access to specialist support and on-going case management.



When might I need support from the PSW?

Some examples:

- Long term sick leave
- Training not going as well as expected
- Stresses in personal life impacting on training
- Career advice
- Difficulties with communication or time management
- Exam support
- Clinical incidents





Where can I find support?

PSW Support Providers	PSW Events and Workshop Calendar	Workshop Descriptions
National Support Services	Guidance for Trainers	Wellbeing and Support
Professional Support	Serious Incident Support	Domestic Abuse Champions
Pharmacy Resources	Contact Us	Mentoring Schemes



PSW support



PSW Referral forms





What can the PSW offer?



Exam support



Psychological support



Careers advice



Advice about working less than fulltime, sick leave, returning to training after an absence



Neurodiversity screening and assessment



Peer mentoring



Personal development and coaching



And more!



What does a referral mean for my training?

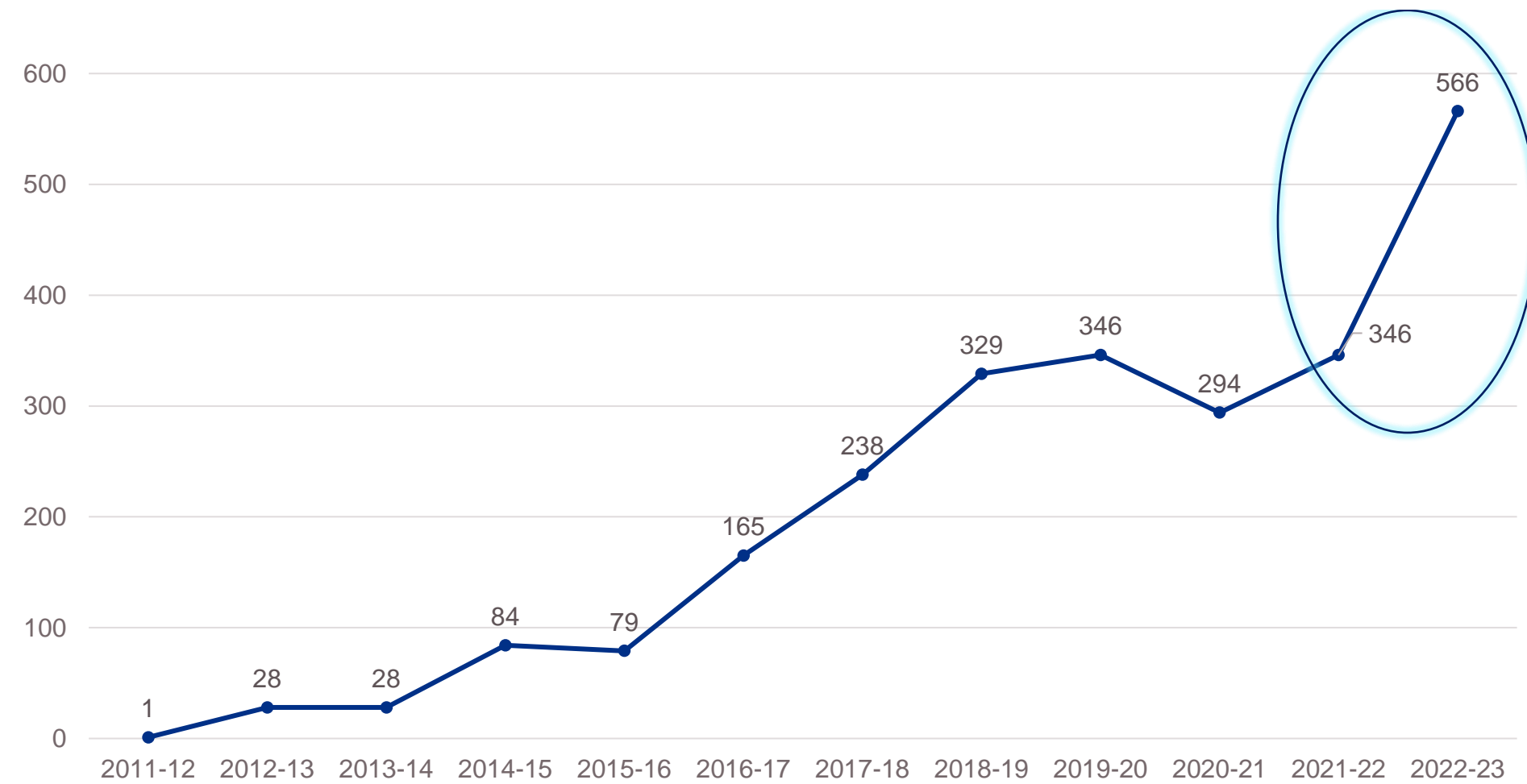
Confidential with an aim to support **your training.**

Non-punitive and **does not impact** on your training progress.

Your ES and TPD will only be notified about engagement but won't receive case notes



Number of new referrals into the PSW



Lots of trainees
ask for help –
don't be shy!

PSW contact details



england.psw.eoe@nhs.net



01223 597 736 / 01223 596 953



<https://heeo.ee.nhs.uk/psw/east-england-professional-support-and-well-being-service>



Supported Return to Training (SuppoRTT)



National Programme to ensure doctors who have had time out of training can safely return to the training environment and clinical practice.



Who can access SuppoRTT?

Doctors returning to or starting training in the East of England who have taken **3 months or more** out of training for:

- Parental/maternity leave
- Out of Programme for Research (OOPR) or a Career Break (OOPC)
- Sick leave
- Global Health Fellowship





What does SuppoRTT offer?



Enhanced supervision



Online learning resources



Coaching, Emotional intelligence assessment and psychological support



Additional funding to attend courses



Local Return to Clinical Practice and Wellbeing events.



Access SuppoRTT Champions



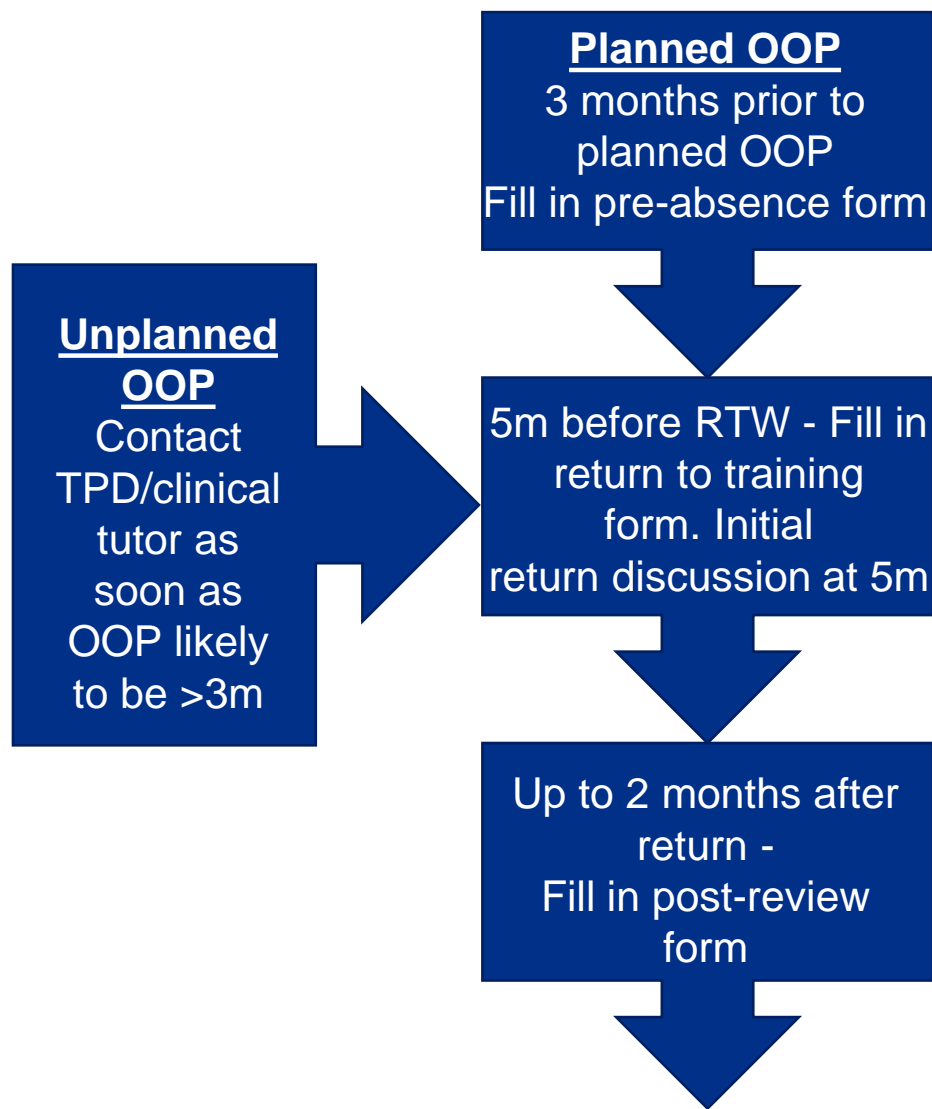
How to access SuppoRTT



- Submit a SuppoRTT plan.
- Discuss plans to take time out or return to training with Training Programme Director (TPD) or College Tutor (CT).
- Contact the SuppoRTT team or local Trust Champion for advice and guidance.
- SuppoRTT Champions for each trust are available on our [website](#).



Accessing SuppoRTT Timeline



RTW forms can be filled out with TPD or Clinical Tutor, in person or remotely.

[SuppoRTT Forms](#)



SuppoRTT contact details



england.supportt.eoe@nhs.net



01223 597736



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





Where can I get help?

Educator Team

- TPD
- Head of School
- Postgraduate Dean
- NHSE policies

Trust

- Occupational Health
- Medical Staffing
- Wellbeing services within the trust or placement provider

External Resources

- GP
- Friends and Family

PSW

- Advice
- Referral



National Resources

Defence Unions



Trade Unions



Professional Bodies



National NHS resources



External services





Thank You

 @nhsengland @eoe_psw

 company/nhsengland

 england.nhs.uk



PSW & SuppoRTT animations and impact

PSW animation



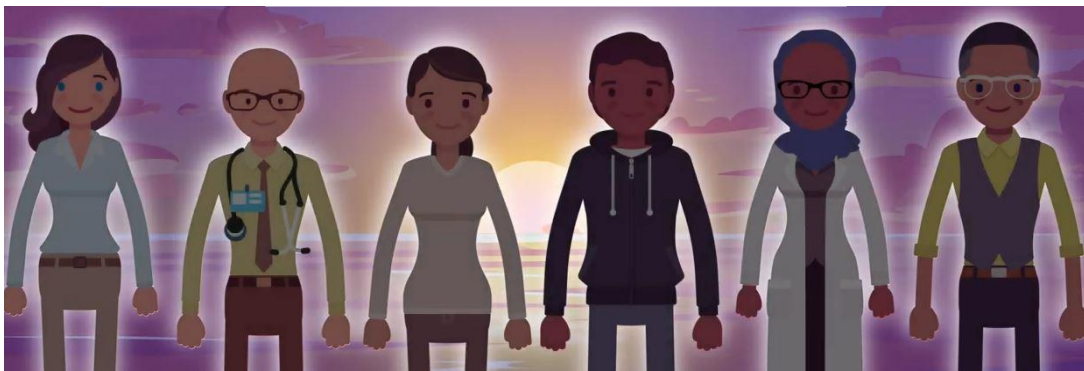
SuppoRTT animation



PSW Infographic



PSW trainee testimonials



Monthly podcast

