

# Supporting Our Professionals

## Temperatures Are Rising...



### ... is it time to take a pressure check?

As we approach another weekend of high pressure and sunshine, as well as getting out the sunglasses, hats and sun-cream, you may feel it is a good time to do a personal review, consider how you are feeling right now, and any support you might need.



**Thinking Pitstops:** As a dedicated space to stop and think, these are just as useful in times of high pressure as low. You may wish to train to facilitate them or just request one. As a peer-to-peer support, one pitstop can transform your energy levels in 10-15 minutes.



**RCGP Wellbeing Hub:** The RCGP has worked hard to make its online resources available to all GPs, so you do not need to be a member to access them. An interesting place to explore clinical and non-clinical resources.

**NHS People Coaching Resource:** Frontline primary care colleagues are facing unprecedented challenges due to COVID-19. Individual coaching support is available with a highly skilled and experienced coach. This will be a space for you to offload the demands of whatever you are experiencing, and be supported in developing practical strategies for dealing with this.

**Wessex LMCs:** The LMC aims to support and develop individuals as they progress through their careers, and this offer is not limited to COVID-related issues.

**Wessex APSU:** There is a need to provide medical educators and appraisers in Wessex with access to additional support. You are busy supporting others in a wide variety of roles and we want to offer you the support you need

**Wessex Appraisal Service:** The Appraisal Service can be a safe place to talk to someone in confidence. Please contact us on [appraisal.wx@hee.nhs.uk](mailto:appraisal.wx@hee.nhs.uk) marked CONFIDENTIAL and we will get back to you.

**Doctors' Common Room:** A Practitioner Health Programme (PHP) initiative. Connect with colleagues from across the country to find and share support, and meet and learn together.

**Practitioner Health Programme (PHP) and/or your own GP:** If you are so overwhelmed that none of the well-being focused options above (or elsewhere) seem applicable, then the PHP and/or your own GP are best placed to help and guide you to immediate care and support.

