**We are here for you** Mentoring Support

Times are suddenly different and very challenging. As health care professionals we are expected to provide reassurance and calm. A **free mentoring service** is now available that offers you professional and confidential mentoring support and signposting during this difficult time of crisis. Currently this support system is open to all GPs, Practice Managers and Practice Nurses.

Our mentors are a band of experienced GPs and PMs (some recently retired), many of whom have had educational roles and all of whom have been trained. Simply, they are here for you, just as you are there for your patients. They are able to listen by phone, FaceTime etc. to any concerns, feelings or fears you may have. They may not have the answers, but we can share and bear it with you. **You are not alone.**

To find out more information, now or at any time during the crisis, please contact our Primary Care Mentor Lead at sowoccg.workforce@nhs.net

**Confidentiality:** The content of our mentoring is absolutely confidential. The only exception is if your mentor has any concerns about your own safety or patient safety. In this situation your mentor would signpost you to further support.

**Please continue overleaf for some useful wellbeing links we think may also help you...**

**Wellbeing Links**

**Please see below for some useful links and information which may help you during this difficult time. Please let us know if you have any more links you feel would be helpful to share and we will add them to the TeamNet Covid Workforce page. Thank you.**

Headspace – free 3 month membership for NHS staff: **https://work.headspace.com/nhs-clinical/member-enroll**

**Local Medical Committees**

**The British Medical Association**

**MPS Counselling Service**

The MPS has a counselling service that is provided by ICAS. They offer a personalised service that is tailored specifically to your requirements and delivered by experienced qualified counsellors. ICAS’s telephone counselling provides immediate access to support 24 hours a day, 7 days a week. Six sessions are available as part of the free counselling service.

ICAS Number - 0808 189 4385 Quote your MP membership number to book a free place.