Available support for trainees:

* Thames Valley Professional Support and Wellbeing Resources website: trainee curated website listing support available for physical and psychological health: [Home | Thames Valley Trainees (tvpsw.com)](https://www.tvpsw.com/)
* Professional Support and Wellbeing Service (PSWS) offers a wide range of support for trainees. This includes coaching and careers advice as well as performance and support with exams. [Professional Support & Wellbeing Service - Working across Thames Valley (hee.nhs.uk)](https://thamesvalley.hee.nhs.uk/resources-information/professional-support-wellbeing/)
* Medic Support is a confidential service for trainees in the Oxford deanery. It offers rapid review and cognitive behavioural therapy (CBT) sessions on an individual basis. Trainees are able to self-refer and it is free of charge: [medic-support-leaflet-2019.pdf (hee.nhs.uk)](https://thamesvalley.hee.nhs.uk/wp-content/uploads/sites/5/2020/12/medic-support-leaflet-2019.pdf)
* BMA offers free and confidential counselling and peer support services separate to the NHS and open to all doctors and medical students (regardless of BMA membership): [Counselling and peer support for doctors and medical students (bma.org.uk)](https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services)
* Practitioner Health is a free, confidential NHS mental health service with expertise in treating healthcare professionals: [Practitioner Health](https://www.practitionerhealth.nhs.uk/)
* Your occupational health department will be able to advise on adjustments to your work pattern if required, there is also a list of local resources on the Staff Health and Wellbeing Page of the intranet.
* Wellbeing Matters is a service for NHS employees living or working in Berkshire. It offers confidential fast track referral for further support [Home | Wellbeing Matters (berkshirehealthcare.nhs.uk)](https://wellbeingmatters.berkshirehealthcare.nhs.uk/)