

Resources For Doctors With a Disability

This leaflet provides information on useful resources for doctors who have a disability or mental health issue. The links below provide a wealth of information and further sources of support. The BMA Equality And Diversity Committee report, states that 'As 70 per cent of disabled people will acquire their illness or impairment during their adult life or while at work, it is reasonable to suggest that a substantial proportion of doctors will acquire an impairment at some point during their career'.

British Medical Association

The BMA has a section on their website for health professionals with disabilities which include a section on support, advice and self-help groups. They have also produced the following document [Disability Equality in the Medical Profession](#)

Hope for Doctors was created by a doctor with a visual impairment. It was established to try to prevent others having to struggle for support, and to provide a sign-posting service direct to relevant services and advice.

<http://www.hope4medics.co.uk/homepage.php>

Association of Disabled Professionals

The ADP was set up in 1971 to support disabled individuals and provide a forum to share both experiences and problems. You can find out more about ADP at the following link <http://www.adp.org.uk/>

NHS Employers

Information from NHS employers about raising awareness of disability within the NHS workforce and also offers a broad range of advice, guidance and practical support on equality and diversity. [NHS Employers](#)

Support4Doctors

This website offers independent information, advice and support - plus links to a wide range of organisations that can help. [Support4doctors](#)

The Sick Doctors Trust

This trust is a wholly independent and confidential organisation, established in 1996, which offers support and help to doctors and medical students suffering any degree of dependence on drugs or alcohol. Their helpline, **0370 444 5163**, is available 24 hours/day throughout the year and they are happy to deal with anonymous enquiries.

[Sick Doctors Trust](#)

Royal Colleges

Many of the Royal Colleges have well developed support systems, see their websites for further information

Newly Diagnosed

The Good Medical Practice guide requires doctors to take responsibility for their own health in the interests of public safety. Therefore if you are in this situation and you feel that your judgment or performance will be in any way affected:

- The first step is to visit an occupational health consultant
- You may also consult your medical defence organisation for advice

If you feel that subsequent to having the diagnosis, that you may need to review your career options, or even to decide on a career outside medicine, then you should talk to your Educational Supervisor, who may in turn be able to contact the deanery, to ensure that you have careers advice from a careers specialist.

Doctors with Mental Health Issues

This can include anxiety, bipolar disorder, depression, obsessive-compulsive disorder and schizophrenia which can lead to a disability. Mental health conditions can also be associated with alcohol and drug abuse, as well as eating disorders. Many people acquire mental illnesses during their working life. The Mental Health Act 2007 provides a single definition of a mental disorder, that is 'any disorder or disability of the mind', prior to this mental disorders were classified into four different strands. Information on current mental health issues can be found on the [MIND website](#) and the [Mental Health Alliance website](#)

National support services for doctors

- BMA Counselling/ Doctors for Doctors:
<http://bma.org.uk/practical-support-at-work/doctors-well-being/about-doctors-for-doctors>
- The British Doctors' and Dentists' Group: For drug and alcohol users:
<http://www.bddg.org/page.php?id=1>
- Doctors' support network: Self-help group for doctors with any form of mental health concern. Also have a confidential, anonymous peer support telephone line: <http://www.bddg.org/>
- [Medical Council on Alcohol](#) - A body of doctors and others with a professional interest in alcohol and alcoholism which aims to promote understanding of alcoholism, its treatment and prevention.

Finance

Royal Medical Benevolent Fund - www.rmbf.org.uk
BMA Charities - www.bma.org.uk

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