

Mental Health Checklist

ARE YOU WELL?

- Balanced mood, minor mood fluctuations
- Calm, cooperative, empathetic
- Take things in your stride
- Consistent performance
- Few sleep difficulties
- Physically well, good energy levels
- Socially engaged
- Responsible alcohol use, no illicit substance use

Actions to take

- Identify and nurture support systems
- Foster a healthy work environment
- Maintain a healthy lifestyle
- Register with local GP
- Look out for your colleagues and support them if they are stressed or becoming unwell

STRESSED?

- Nervous, sad
- Irritable, displaced sarcasm
- Overwhelmed
- Procrastinating, forgetful, decreased efficiency
- Trouble sleeping, intrusive thoughts, nightmares
- Muscle tension, headaches, low energy
- Decreased social engagement
- Increased alcohol or substance misuse

Actions to take

- Talk to your Clinical or Educational Supervisor
- Or if you prefer make an appointment with your specialty tutor, GP Training Director or the Director of Medical Education
- Register with a local GP & familiarize yourself with local mental health resources
- Consider accessing mental health resources
 - Gphealth.nhs.uk if GP VTS
 - BMA Counseling and Doctor Advisor Service
 - Trust Staff Support
 - Occupational Health
- Recognize your limits and take breaks
- Say "no" to new commitments
- Identify and minimize stressors or unhealthy situations
- Try to get adequate rest, food and exercise

BECOMING UNWELL

- Anxious with pervasive sadness
- Negative attitude, declining empathy, anger
- Feeling hopeless or worthless
- Declining clinical performance, presenteeism
- Restlessness, disturbed sleep, recurrent intrusive thoughts & nightmares
- Significant physical and mental fatigue
- Social avoidance or withdrawal
- Overusing alcohol/substances to cope
- Excessive anxiety, depressed mood
- Anger outbursts, aggression
- Suicidal ideation
- Unable to perform duties or concentrate, absenteeism
- Can't fall asleep or stay asleep, constant fatigue
- Physical illness, exhaustion
- Social isolation
- Alcohol/substance addiction

Actions to take

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- Ask for help now before things get worse
- Identify and understand own signs of distress
- Talk with friends, family and colleagues
- Maintain social contact, don't withdraw
- Use the mental health services:
 - GP
 - Professional Support Unit
 - GP TPD support & gphealth.nhs.uk if GP VTS
 - BMA Wellbeing Support Service 0330 123 1245
 - Deanery Staffsupport
 - Trust Occupational Health
- Talk to your Clinical or Educational Supervisor
- Or if you prefer make an appointment with your specialty tutor, GP TPD or the Director of Medical Education
- If worrying about whether you should continue as a doctor or change specialty make an appointment with the Careers Tutor
- Prioritize: your self-care is important
- Talk to someone you trust – don't hide it
- You need to seek formal medical attention as soon as possible
- If you need a 24/7 confidential service call:
 - Samaritans 116123
- For an out-of-area confidential service call:
 - NHS Practitioner Health Programme (PHP)
 - NHS GP Health Service 020 349 4505
- Otherwise make an appointment with your GP or access local mental health resources -
 - Professional Support Unit
 - GP TPD support
 - Deanery Staffsupport
 - Trust Occupational Health
- Reprioritize: ask for formal time off
- Seek ongoing support from friends, family and/or colleagues