

Mind

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It can be difficult to find the information you need to effectively thrive at work and in your personal life.

In this section, you can find practical resources on careers, financial and personal support which may help you to sustain a healthier work-life balance.

Work

PSU Careers unit [8]

Resources and courses for interviews, portfolios and development, plus four free 1:1 careers sessions for London learners

Ill health at work [9]

Advice and information for work adjustments with ill health

Return to work [10]

Advice on managing return to work after an absence

? [LTFT](#) [11] - information on eligibility, application and practicalities of LTFT training

? [OOP](#) [12] - information, eligibility and forms for OOPs

?2016 junior doctor's contract

What you need to know about exception reporting, work scheduling, the Guardian of Safe Working, and pay

? [BMA](#) [13]

? [Educational and clinical supervisors](#) [14]

Financial guidance on tax, subscription exemptions and hardship resources

? [Expenses and benefits: subscriptions and professional fees](#) [15]

? [J \[16\] junior doctor tax guidance](#) [16]

? [Royal College of Nursing tax relief](#) [17]

? [Royal Medical Benevolent Fund](#) [18]

?Parental leave

Rights and responsibilities for pregnancy at work and parental leave

? Working during pregnancy - advice for trainees [19]

? Childcare support [20] - information, guidance and practical support for childcare in the NHS

Life

Coaching & Mentoring

Free sessions for London learners on managing change or challenges at work and home

? PSU Coaching Service [21]

? NHS London Leadership Academy [22]

? South London Peers [23]

Medical care and support [24]

Advice on student and trainee health issues, including how to register with a GP

NHS England LGBT+ staff network [25]

NHS England Black and Minority Ethnic Staff network [26]

NHS England Disability and Wellbeing staff network [27]

Health service discounts [28]

Discounts for your home, holidays and hobbies for NHS staff

Carer support

Information and support in relation to caring for others

? NHS Employers [29] - caring for children and adults

? Carers UK [30]

Balance

Practitioner health programme [31]

Free, confidential, self-referral service for trainees with mental or physical health concerns

Headspace

Simple, guided mindfulness app with 10 free sessions (for Android [32] and Apple [33] devices)

PSU individual support team [34]

Personalised tailored support for London trainees and learners in difficulty

Crisis support [35]

Free 24 hour crisis helpline for patients and carers led by South London and Maudsley NHS Trust

Sleep

Surviving and thriving for night shifts

? Royal College of Nursing [36]

? Better sleep tips for shift workers - Dr Mike Farquhar [37]

Gratitude [30]

Published health and well-being benefits of being grateful. Find a buddy to share 3 good things in your day.

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