

Books

- Also Human, Caroline Elton
- An Unquiet Mind: A Memoir of Moods and Madness, Kay Redfield Jamison
- Being Mortal: Medicine and What Matters in the End, Atul Gawande
- Boundaries Face to Face: How to have that difficult conversation you've been avoiding, Dr Henry Cloud and Dr John Townsend
- Breaking and Mending: A junior doctor's stories of compassion and burnout, Joanna Cannon
- CBT in General Practice, Dr Lee David
- Chimp Paradox, Prof Steve Peters
- Cruse Control: Understanding Sex Addiction in Gay men, Robert Weiss
- Daring Greatly: How the Courage to be vulnerable transforms the way we live, love, parent and lead, Brene Brown.
- Defeating Depression: How to use the people in your life to open the door to recovery, Roslyn Law
- Depressive Illness: The Curse of the Strong, Dr Tim Cantopher
- Do no harm, Henry Marsh
- Flourish: A new understanding of happiness and wellbeing, Martin Seligman
- I had a Black Dog (about living with depression), Matthew Johnstone (Youtube video below)
- Journeys with the Black Dog: Inspirational stories of bringing depression to heel, Tessa Wigney
- Lost Connections: Uncovering the real causes of depression and the unexpected solutions, Johann Hari
- Man's search for meaning, Viktor E Frankl
- Mind over Mood: Change How you Feel by Changing the Way you think, Dennis Greenberger, Christine Padesky
- Mindfulness: A Practical Guide to Finding Peace in a Frantic World, Mark Williams and Danny Pelman
- My Hidden Chimp (helping children to understand and manage their emotions, thinking and behaviour), Prof Steve Peters
- On confidence, The School of Life
- Overcoming Sexual Problems, Vicki Ford

- Overcoming stress, Gillian Todd
- Overcoming Anxiety (self-help using CBT techniques), Helen Kennerley
- Overcoming Depression (self-help using CBT techniques), Paul Gilbert
- Overcoming Insomnia and Sleep Problems (using CBT techniques) , Colin Espie
- Overcoming Low Self-Esteem (self help using CBT techniques), Melanie Fennell
- Overcoming problem drinking (self-help using CBT techniques), Marcoantonio Spada
- Overcoming series includes books on stress, perfectionism, social anxiety anger
- Relationships, The School of Life
- Shine, Andy Cope
- Sink Reflections: Helpful ideas for the disorganised, Marla Cilley
- Stop Physician Burnout: What to do when working harder isn't working, Dike Drummond MD
- The 4 Pillar Plan: How to Relax, Eat, Move and Sleep Your way to a Longer, Healthier Life, Dr Rangan Chaterjee
- The Art of Being Brilliant, Andy Cope
- The Bipolar Disorder Survival Guide, David Miklowitz
- The Body keeps the score: Mind, Brain and body in the transformation of trauma, Bessel Van der Kolk
- The Happiness Trap: Stop struggling and start living, Russ Harris
- The Power of Now, Eckhart Tolle
- The Stress Solution: 4 steps to a calmer, happier, healthier you, Dr Rangan Chaterjee
- The Values Factor: The secret to creating an Inspired and Fulfilling Life, John DeMartini
- The Velvet Rage, Alan Downs – gay men shame, anger, self defeat
- When breath becomes air, Paul Kalanithi
- Zest, Andy Cope
- The Truth about Chemsex: Understanding and Overcoming Chemsex addiction, Justin David Duwe
- Understanding and Treating Sex and Pornography Addiction, Paula Hall

Websites

- 5 steps to mental wellbeing <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- Anxiety self help guide <https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide>
- Be mindful online – online mindfulness course <https://www.bemindfulonline.com/>
- Books chosen by health experts to help people manage their health and wellbeing <https://reading-well.org.uk/>
- Counselling Directory <https://www.counselling-directory.org.uk/>
- Every mind matters – information about mental health, wellbeing and formulates a 5 step plan for the user to improve matters <https://www.nhs.uk/oneyou/every-mind-matters/>
- GET.gg – CBT self help and therapy resources <https://www.getselfhelp.co.uk/>
- Inspired Medics <https://www.inspiredmedics.co.uk/>
- Medic Footprints careers advice and opportunities for doctors <https://medicfootprints.org/career-coaches-for-doctors-medic-footprints/>
- Moodjuice – self help guides (being decommissioned end of April 2020) <https://www.moodjuice.scot.nhs.uk/professional/index.asp>
- Nottinghamshire LMC wellbeing <https://www.nottinghamshirelmc.co.uk/support/wellbeing/>
- Physician Burnout: Recognise. Prevent. Recover. <https://physicianburnout.co.uk/> (Kate Little)
- Pink Therapy <https://www.pinktherapy.com/> working with gender and sexual diversity clients
- Psychology Rooms – free assessment tools <https://www.psychologyrooms.com/free-assessments/>
- Relate relationship help resources <https://www.relate.org.uk/relationship-help>
- Resilience training for doctors <http://resiliencefordoctors.com/>

Apps

- Calm app – meditation and relaxation aid (free for health professionals <https://blog.calm.com/health>)
- Calm Harm app - help resist or manage urge to self harm
- Catch It – CBT app

- distract app – reduce risk of self-harm and suicide <https://www.nhs.uk/apps-library/distract/>
- Drinkaware app <https://www.drinkaware.co.uk/tools/app/>
- Drink free days app
- FearFighterTM - A NICE guidance approved evidence- based online programme for generalised anxiety, panic and phobia. Uses CBT principles <http://fearfighter.cbtprogram.com>
- Feeling good – uses CBT principles
- Happyhealthy: Health app linking brief daily reflection exercises to enable more mindful decisions about lifestyle, nutrition and sleep to manage mental wellbeing
- Harmony Hypnosis app – relaxation, sleep and stress aid
- Headspace – relaxation and mindfulness
- InsightTimer – free app for mediation and sleep
- My possible self – CBT based
- Sleepio and sleepstation – CBT for insomnia
- Stay alive app – suicide prevention
- Stress and Anxiety Companion
- Thrive – feel stress free

Talks

- Amy Cuddy: Your body language may shape who you are https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en
- Brene Brown: The power of vulnerability https://www.ted.com/talks/brene_brown_the_power_of_vulnerability?language=en
- Brene Brown: Listening to shame https://www.ted.com/talks/brene_brown_listening_to_shame?language=en
- Brett Ledbetter: Building your inner coach <https://www.youtube.com/watch?v=q7a5TlzOmeQ>
- I had a black dog, his name was depression <https://www.youtube.com/watch?v=XiCrniLQGYc>
- The Empowerment Dynamic (an escape from the Victim/Persecutor/Rescuer drama triangle) <https://www.youtube.com/watch?v=-B2U7zunaq8>

Podcasts/audio

- A Doctor's View
- Feel Better, Live More with Dr Rangan Chaterjee
- The Doctor Paradox

Organisations

- Abuse (domestic violence, child, sexual abuse) (NAPAC) www.napac.org.uk
- Action for Happiness <https://www.actionforhappiness.org/>
- Addaction Positive changes around alcohol, drugs, mental health and well being
- ADHD Foundation – has useful resources and screening tool on the adult page
- Alcoholics Anonymous help@alcoholics-anonymous.org.uk
- BDA Benevolent Fund – financial aid for dentists and their dependents in times of need
- BDA Counselling Service <https://bda.org/advice/Pages/Health-Assured.aspx>
- Beat Eating Disorders <https://www.beateatingdisorders.org.uk/>
- Bipolar UK <https://www.bipolaruk.org/> (groups helpful but avoid online e community)
- British Doctors and Dentists Group <http://www.bddg.org/>
- CALM (Campaign against Living Miserably) info@thecalmzone.net
- Careers Coaching for Doctors and Dentists (Caroline Elton) <http://www.careerplanningfordoctorsanddentists.com/>
- Clinic for boundary studies – training re boundaries and ethics <https://professionalboundaries.org.uk/>
- Cruse Bereavement care <https://www.cruse.org.uk/>
- Dentists Health Support Trust <https://dentistshealthsupporttrust.org/>
- Doctors Support Network <https://www.dsn.org.uk/support-for-doctors>
- Faculty of Medical Coaches <https://www.medcoaches.uk/>
- Financial help for doctors – joint medical charity portal www.doctorshelp.org.uk
- Gamblers Anonymous <https://www.gamblersanonymous.org.uk/>
- Mind – some very accessible patient information leaflets <https://www.mind.org.uk/information-support/>

- MPS Counselling Service <https://www.medicalprotection.org/world/help-advice/counselling-service>
- Narcotics Anonymous <https://ukna.org/>
- National Association for Children of Alcoholics <http://www.nacoa.org.uk/>
- NSHN (National Self Harm Network) www.nshn.co.uk
- Papyrus: The National Society for the Prevention of Suicide in Young People - pat@papyrus-uk.org
- Rape Crisis www.rapecrisis.org.uk
- Refuge Domestic abuse helpless@refuge.org.uk
- Retreat for Health Professionals <https://ratfordretreatcentre.co.uk/retreats-for-health-professionals>
- Samaritans www.samaritans.org Telephone: 116 123 (free phone 24 hours a day, 7 days a week)
- Saneline: Provides out of hours mental health and emotional support and information to anyone affected by mental illness including family, friends and carers
- SelfharmUK www.selfharm.co.uk
- Sick Doctors Trust <http://sick-doctors-trust.co.uk/>
- Smart Recovery <https://smartrecovery.org.uk/> (addiction)
- YoungMinds: Improve the emotional wellbeing and mental health of young people www.youngminds.org.uk

Groups

- Autistic Doctor Facebook Group
- Physician Mums Facebook Group
- Resilient GP Facebook Group
- Soberistas – online community supporting those who wish to remain abstinent
- Club Soda – changing drinking habits <https://joinclubsoda.com/>
- Tea and Empathy facebook group – general support