

FSEM & BASEM EDI Resources Signposting

Please note resources are not listed in a particular order and are relevant to the subheading they are listed beneath. We have added resources we are aware of and could be located. If you know of any additional resources that would be a positive addition to this list, we would be grateful if you could let us know by emailing enquiries@fsem.ac.uk.

Urgent Mental Health Support

- [Practitioner Health Programme](#) - text NHSPH to 85258
- [Samaritans](#) - call 116 223.
- [BMA 24/7 helpline](#) - call 0330 123 1245
- CRISIS team- call 111 option 2
- Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](#). Shout is a free, confidential, 24/7 text service that provides mental health support

Counselling and Mental Health Support

- [BMA Wellbeing support services](#)
- [NHS Practitioner Health - England](#)
- [Samaritans](#)
- Mind [Mental health toolkits](#)- Supporting healthcare workers' mental health
- [You Okay, Doc?](#) - Mental health and wellbeing support for doctors.
- [Doctors in Distress](#) - An independent UK charity which aims to protect mental health and prevent suicide in healthcare workers.
- <https://www.england.nhs.uk/supporting-our-nhs-people/support-now/>

Disability Support

- [Disabled Doctors Network](#)
- [Disability Rights UK](#)
- [DAWN- Disability Advice and Welfare Network](#)

LGBTQI+ Support

- [LGBT Foundation](#) - advice, support and information to lesbian, gay, bisexual and trans (LGBT) communities. Or call 0345 330 3030
- [Galop](#) - national charity for LGBTQIA+ victims of domestic abuse, hate crime or violence. Or call 0800 999 5428
- [Mermaids](#) - Support for trans, non-binary and gender-diverse children, young people and their families
- [GLADD](#)- The Association of LGBTQ+ Doctors and Dentists
- [Switchboard](#)- National LGBTQIA+ support. Call 08000119100 or email hello@switchboard.lgbt
- [Stonewall](#) - Information and signposting for the LGBTQIA+ community. Or email Info@stonewall.org.uk

Neurodiversity Support

- [National Autistic Society](#)
- [Autism Central](#) - For parents and carers of autistic children, young people and adults.
- [Autistic UK](#)
- [ADHD UK](#)
- [National Attention Deficit Disorder Information and Support Service](#) (ADDISS)
- [ADHD Foundation Neurodiversity Charity](#)

Race and Religion Support

- [Islamophobia Response Unit](#) - assist people subjected to Islamophobic hate crimes, hate incidents and discrimination

- [TELL MAMA](#) - supports victims of Islamophobia and anti-Muslim hate, providing casework, one to one, emotional support & legal referrals.
- [British Islamic Medical Association \(BIMA\)](#)
- [GMC guidance on tackling racism in the workplace](#)
- [Coping During Community Unrest](#) - Resources for support during times of social unrest
- [The Community Security Trust](#) - National Organisation for Jewish Victims

Whistleblowing

- Whistleblowing Helpline: free whistleblowing advice to both workers and employers in the NHS and social care. 08000 724 725.
- Protect - the UK's leading whistleblowing charity. Call 020 3117 2520 or a form on their website <https://protect-advice.org.uk/>
- [BMA's raising a concern: guide for doctors](#)