

## **August Mental Health Tips for Everyone!**

August is the month when many junior doctors start in hospitals, or change jobs. As a new doctor, it took me several years before I realised I was anxious and panicky for the first three or four weeks of every new six month job – this is normal for many people. NOBODY is perfect!

NHS Practitioner Health has produced this great web page of advice for new doctors – and IT APPLIES TO ALL OF US! – wish I'd known all these tips – so here they are to share with everyone in the Health Professions and workforce, whether NHS, Care Home, Consultant, Manager, CCG, Social Care, GP, Nurse, AHP, Carer, VCSE sector - in fact ALL of US!

<https://www.practitionerhealth.nhs.uk/mental-health-tips-for-new-doctors>

And if you need to access help, workplace support, colleagues, managers, your Employee Assistance Programme, Somerset Talking Therapies (self-refer) are all available. Especially for all of us in Somerset Health and Social Care staff, why not check out [www.somersetemotionalwellbeing.org](http://www.somersetemotionalwellbeing.org) - a great resource for all of us!

Have you downloaded your Shiny Minds App yet (if you can't find the link, please email [Heidi.moule1@nhs.net](mailto:Heidi.moule1@nhs.net) ) – lots of great support and resources there too !

Go Well!

Andrew Tresidder August 2021