

## Freedom of Information Request

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**Reference Number:** EPUT.FOI.21.1799

**Date Received:** 8<sup>th</sup> January 2021

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### Information Requested:

The information relates to Doctors working in the Psychiatric Wards of the Trust. It would be interesting to find these number over a 20-year period

1. How many doctors have sought psychiatric help during and after working at the trust?  
[The Trust does not record this information as it would be held in the individuals personal medical records](#)
2. How many doctors were sectioned under the mental health act? It is my belief that doctors are only human and dealing constantly with mental health patients' day in and day out it only reasonable to assume that some doctors themselves could and would have ended up with mental health problems themselves.  
[None of the doctors with prescribed connection to EPUT were sectioned under the MHA in the last 6months](#)
3. Is there any therapy which doctors receive at regular intervals which the trust offers to prevent doctors falling in to having mental health problems themselves?

[All staff including doctors are offered various internal services to help support their mental health whilst at work. This includes:](#)

- [HELP Employee Assistance Programme](#) – Counselling service that is free for all staff. Offering independent and confidential information, advice and support to help improve wellness and wellbeing. Available 24 hours a day, 7 days a week
  - [Virtual Mindfulness Sessions](#) – Weekly session with the head of Occupational Therapy open to all staff. Teaching staff how to pay more attention to the present moment, to their own thoughts and feelings and the world around them to improve mental wellbeing
  - [Coping with Covid Service](#) – Psychological support service for all staff who are experiencing worries at work or at home in relation to the Covid-19 pandemic. Telephone service available 8am – 6pm Monday to Friday and a dedicated email address
  - [Spiritual Care & Chaplaincy](#) – Our chaplains offer holistic care and aim to provide for the spiritual and religious wellbeing needs of all staff, for all faiths and systems of belief. Can be contacted via a dedicated email address
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**Publication Scheme:**

As part of the Freedom of Information Act all public organisations are required to proactively publish certain classes of information on a Publication Scheme. A publication scheme is a guide to the information that is held by the organisation. EPUT's Publication Scheme is located on its Website at the following link <https://eput.nhs.uk>