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about the causes types and treatments of mental health problems and the support services available in the uk find out how to access community mental health teams social care residential care crisis intervention and hospital treatment whether you are already receiving professional treatment or are simply looking for enrichment these five sources of support can be helpful additions to your mental health routine follow your interests sometimes the most effective treatments are the ones that you stumble across by chance find online phone and local services for doctors and medical students in the uk browse by topic such as addiction bereavement counselling disabilities finances legal issues and more seek help early if there has been a clinical incident or the gmc is involved of 1 000 doctors surveyed by the royal medical benevolent fund rmbf in 2016 82 reported knowing of other doctors experiencing mental health issues such as depression and anxiety the association of sources of support types of support and satisfaction with support received on perceived stress and quality of life of cancer patients pmc journal list integr cancer ther v 20 2021 pmc7983427 as a library nlm provides access to scientific literature the association of sources of support types of support and satisfaction with support received on perceived stress and quality of life of cancer patients iván ruiz rodríguez isabel hombrados mendieta anabel melguizo garín m^a josé martos méndez 2021 open access research article first published online march 19 2021 to effectively manage stress and maintain both physical and mental well being there are several strategies and sources of support that individuals can utilise ways to manage stress time management prioritise tasks and set realistic goals to reduce feelings of being overwhelmed break tasks into smaller manageable steps formal and informal sources of support for learning and development formal support your line manager supervisor is the first point of call to discuss how to address a learning need these example answers detail how an rcf level 2 diploma in care student can identify and engage with different sources of support for learning and development ensuring comprehensive professional growth within the field of health and social care on this page we will explore ways to manage stress for yourself and others as well as how to access sources of support

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