

Take Time

Medical work is inherently stressful and you may find you need help with work-related and/or personal difficulties which can often cause anxiety, stress, depression and unhappiness.

Take Time is a confidential service specifically for junior doctors and dentists within Health Education England working across Yorkshire and the Humber (HEE YH).

The service offers 2 assessment sessions initially, with the option of subsequent time limited sessions. For people who live far from Leeds we may be able to offer telephone consultations after the initial assessment.

The service is funded by HEE YH, and provided by a collaboration between the University of Leeds Student Counselling Centre and The Psychological Therapy Service, Leeds and York Partnership NHS Foundation Trust.

Take Time appointments take place at either of our two venues; you will be told which venue to attend when an appointment is booked for you:

Dr V Luthra & Ms L Oxley	Dr G Fitzgerald and Dr A Menon
The Students Counselling Centre	Leeds Psychology and Psychotherapy Service
University of Leeds	Southfield House
19 Clarendon Place	40 Clarendon Road
Leeds	Leeds
LS2 9JY	LS2 9PJ

If you would like to book an appointment with the Take Time team, please complete our [self-referral form](#).

Contact

Email: taketime@leeds.ac.uk

Counselling Service – South Yorkshire

Workplace Wellbeing is a professional counselling and consultancy service to help doctors in difficulty deal with personal or work-related stress and psychological trauma relating to work roles. The service aims to help doctors improve psychological health and stay psychologically healthy. One-to-one counselling is provided on a confidential self-referral basis. The counselling is short-term.

This service is also funded directly by Health Education England working across Yorkshire and the Humber and is available to trainees in Yorkshire and the Humber.

Please telephone: 0114 226 1810

Email: workplace.wellbeing@shsc.nhs.uk

website: <http://shsc.nhs.uk/working-for-the-trust/workplace-wellbeing/>

Or at:

Workplace Wellbeing
30 Wilkinson Street
Sheffield S10 2GB

Opening hours:

8.15 am to 7.15 pm on Tuesdays and Thursdays

8.45 am to 5 pm for the rest of the week