

In Our Own Words

UK doctors talking about our own
mental health

Dr Louise Freeman FRCEM

Dr Angelika Luehrs MRCPsych



Doctors' Support Network

1996 started

2001 Support Forum

2013 Committee – family names and photos added to website



2014 DSN stigma survey

'I experienced two years of pretty florid physical symptoms of anxiety/ depression (weight loss, early morning wakening, panic attacks) before attending my GP for help, mainly because I really wanted to be able to cope, and everyone around me seemed to be coping fine. I didn't want to admit to failing.'



Dr Angelika Luehrs

- Consultant Psychiatrist in General Adult Psychiatry since 2010
- Specialist Advisor for complex mental health cases NHS GP Health Service, 2017
- Diagnosed with Bipolar Affective Disorder in 2004
- Very hesitant to get help
- Years of finding the right medication, being off sick, postponing exams...



DSN and me

are there any others?

– signposted to DSN in 2005

- Joined DSN Committee in 2005; Vice Chair 2007; Chair 2012
- DSN Co-Chair since 2018

**Drive to raise awareness but always mindful of:
once it is out there you can't take it back**



Factors to consider

Friends and family

Support system including **health professionals**

Own mental health

Raising awareness always leaves me feeling somewhat raw and vulnerable regardless of how often I've done



Factors to consider

Employer

Medical Colleagues including junior doctors

Non-medical colleagues

- how self-conscious might you feel in a senior management meeting

Patients



Advantages

It is not a secret & safety is in numbers

Employer

Positive feedback from numerous sources including colleagues, patients

Being part of something bigger, important



&me anti stigma campaign



Doctors' Support Network



website

www.dsn.org.uk



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