

Essential resources to support healthcare professionals when it comes to Resilience in Healthcare

Nationally funded, free to all NHS healthcare staff and learners in England.



Click on the blue boxes below to access clinical guidance, online modules, articles and podcasts

BMJ Best Practice

Fast access to the latest evidence-based diagnosis and treatment guidance to support your clinical decisions.

- ▶ Depression in children
- ▶ Depression in adults
- ▶ Generalised anxiety disorder
- ▶ Mental health response to disasters and other critical incidents



BMJ Talk Medicine Podcasts

The latest podcasts from *The BMJ* and specialist journals.

Resilience in Healthcare podcasts

- ▶ Building career resilience
- ▶ Work stress and burnout
- ▶ Mental Health in the NHS
- ▶ Mental Health and mortality

BMJ Best Practice podcasts

- ▶ Generalised anxiety disorder
- ▶ Persistent depressive disorder

The BMJ

The latest news and views, research papers and clinical reviews from *The BMJ*.

- ▶ **Opinion** | Global health system resilience is in everyone's interest
- ▶ **Editorial** | Parliamentary report on workforce burnout and resilience
- ▶ **Opinion** | The impact of war on health

For further support email or call us on +44 (0) 20 7111 1105