

Occupational Health Services

Occupational health advice, including a self referral, is available to dentists and practice staff by contacting any of the HSC Trust Occupational Health departments listed.

Belfast Health and Social Care Trust

Musgrave Park Hospital, Belfast

Tel : 028 95040401

Email : occupationalhealth@belfasttrust.hscni.net

Southern Health and Social Care Trust

Pinewood Villa, Armagh

Tel : 028 3741 2473

Email :

occupationalhealth.armagh@southerntrust.hscni.net

South Eastern Health and Social Care Trust

Ulster Hospital, Dundonald

Tel : 028 9056 1300

Email : OH.secretary@setrust.hscni.net

Northern Health and Social Care Trust

Willow House, Antrim

Tel : 028 9442 4403

Email : kevin.oconnor@northerntrust.hscni.net

Western Health and Social Care Trust

Altnagelvin Area Hospital, Derry/Londonderry

Tel : 028 7161 1407

Email : occupational.health@westerntrust.hscni.net

South West Acute Hospital, Enniskillen

Dr Clive Burges

Tel : 028 6638 2342

Email : clive.burges@westerntrust.hscni.net

Help and Support Services

SAMARITANS

Samaritans provides confidential emotional support, 24 hours a day for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel : 08457 909 090 Web : www.samaritans.org

Inspire Wellbeing is the largest and longest established independent charity focusing on mental health and wellbeing services.



Tel : 028 9032 8474 Web : www.inspirewellbeing.org



Minding Your Head provides advice and support on a range of issues that can have an impact on your mental health such as: alcohol, bereavement, disability, drugs, eating disorders, gambling, housing, illness, mental health, money worries, relationships, self-harm, sexuality, stress, suicide, abuse and depression.

Web : www.mindingyourhead.info

The British Doctors and Dentists Group is a mutual support society for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.



Tel : 077 9281 9966

Web : www.bddg.org

Email : info@bddg.org

Lifeline

Lifeline is the Northern Ireland crisis response helpline service for people who are experiencing distress or despair. Lifeline counsellors are available 24/7 and are experienced in working with trauma, suicide, self-harm, abuse, depression and anxiety.

Tel : 0808 808 8000 Web : www.lifelinehelpline.info

Information for General Dental Practitioners on the range of help and advice services available within Northern Ireland.



General Dental Practice can, at times, be stressful for practitioners and their staff alike. If you or others in your practice are struggling to cope with work pressures or other issues, help is available.

This leaflet is aimed at raising awareness of the wide range of advice and support services available within the HSC and the independent sector.

Dentists and practice staff are reminded that they can avail of the HSC Occupational Health Service.

If you are having difficulties coping take the first step and seek help.



**Reach out
Help is at hand**

Here to help



Key contacts for information, advice and support in Health and Social Care.

British Dental Association

www.bda.org

Dedicated to supporting the profession, the BDA is always available to help members whatever their role in dentistry.
Tel : 020 7935 0875

Regulation and Quality Improvement Authority

www.rqia.org.uk

Tel: 02890 517500
Email: info@rqia.org.uk

Health and Social Care Board

www.hscboard.hscni.net

If you have any queries regarding dental services please contact:

Belfast/South Eastern LCG
12-22 Linenhall St
BT2 8BS
☎ 0300 555 0115
✉ Belfast.lcg@hscni.net

Southern LCG
Tower Hill
BT61 9DR
☎ 02837 410041
✉ Southern.lcg@hscni.net

Northern LCG
County Hall
182 Galgorm Rd
BT42 1QB
☎ 0300 555 0115
✉ Northern.lcg@hscni.net

Western LCG
Gransha Park House
15 Gransha Park
BT47 6FN
☎ 02871 860086
✉ Western.lcg@hscni.net

Business Services Organisation

www.hscbusiness.hscni.net

Dental Services

For clinical prior approval queries please contact:
Mr Joe McGrady/Mr Jonathan Montgomery/ Mr Philip Colgan
Dental Advisers
Tel : 02895 363942/02895 363932/02895 363750

Probity Services

If you have any queries regarding the verification exercises undertaken by probity please contact:
Mr Paddy McLaughlin
Head of Probity Services
Tel : 02871 860086
Email : paddy.mclaughlin@hscni.net

Counter Fraud Services

If you are concerned that a patient or member of staff may be engaged in fraudulent activity please contact:
HSC Fraud Hotline : 0800 096 33 96
Online Reporting : www.cfps.hscni.net
Enquiries : 02895 363852
Email : cfps@hscni.net

NIMDTA (NI Medical and Dental Training Agency)

www.nimdt.org

NIMDTA have developed a "Let's Talk" series of courses aimed at encouraging and promoting the mental health and well-being of the dental workforce. These events are free of charge and available to all practice staff. Further information regarding "Let's Talk" is available on the NIMDTA website.