



NAMEM STUDY DAY

“I’m not ok” De-stigmatising Mental Health within the Healthcare Profession

NHS Forth Valley Royal Hospital

Tuesday 14th May 2019

9.30am to 4.00pm

09.00	Registration and refreshments	
09.30	Introduction and Welcome	Dr Susan Ramsay, Clinical Psychologist, NHS Forth Valley
09.45	Self – Care	Mr Keir McKechnie, SAMH’s Mentally Healthy College Co-Ordinator, Glasgow Clyde College-
10.30	“Sweet are the uses of adversity”	Emma Goodlad, Fund Manager Health and Social Care Alliance Scotland (the ALLIANCE)
11.15	Break	
11.30	NHS Ayrshire & Arran Peer Support	Dr Hans Hartung, Consultant Respiratory Physician, and Dr Julie Gordon, Emergency Department Consultant
12.15	Mortality by Occupation: Speaking about Doctors and Suicide	Dr Laura McGregor - Emergency Medicine Consultant & Educational Co-ordinator
13.00	Lunch	
14.00	“Preparation for a lifetime of practice: resilience, professionalism and student support in medical school”	Professor Matthew Walters Head of School (Medicine, Dentistry and Nursing) / Professor of Clinical Pharmacology (Institute of Cardiovascular & Medical Sciences)
14.45	Title to be confirmed	Dr Connor Cummings FY1 Trainee, NHS Forth Valley
15.15	Joy at work.	Dr Simon Edgar , Director of Medical Education, NHS Forth Valley

