



Wellbeing support services for doctors and medical students

The BMA carried out a survey of services throughout the UK that support the wellbeing of doctors and medical students. This document outlines the results. We hope sharing this information is helpful for doctors and medical students who are looking for support locally and for those who may be involved in supporting them. The services listed are only available to medics.

Services that did not respond to our survey may not have been included. If you are aware of a service you think qualifies for inclusion, or if you need to change an existing entry, please contact us at wellbeingsupport@bma.org.uk.

Please be aware that your local occupational health department may also be able to help.

BMA wellbeing support services

COUNSELLING | PEER SUPPORT
0330 123 1245 | bma.org.uk/yourwellbeing

There is always someone you can talk to...

The BMA is providing the survey results for information only and makes no warranties, representations or undertakings of any kind about any of the external services listed. Furthermore, the BMA does not endorse or approve the quality or standards of the external services. The information and content does not constitute advice or referrals to the external services and should not be relied upon as such, nor used for any purpose other than for information. All liability of the BMA, howsoever arising from any reliance or use of the information, is expressly excluded to the fullest extent permitted by law.

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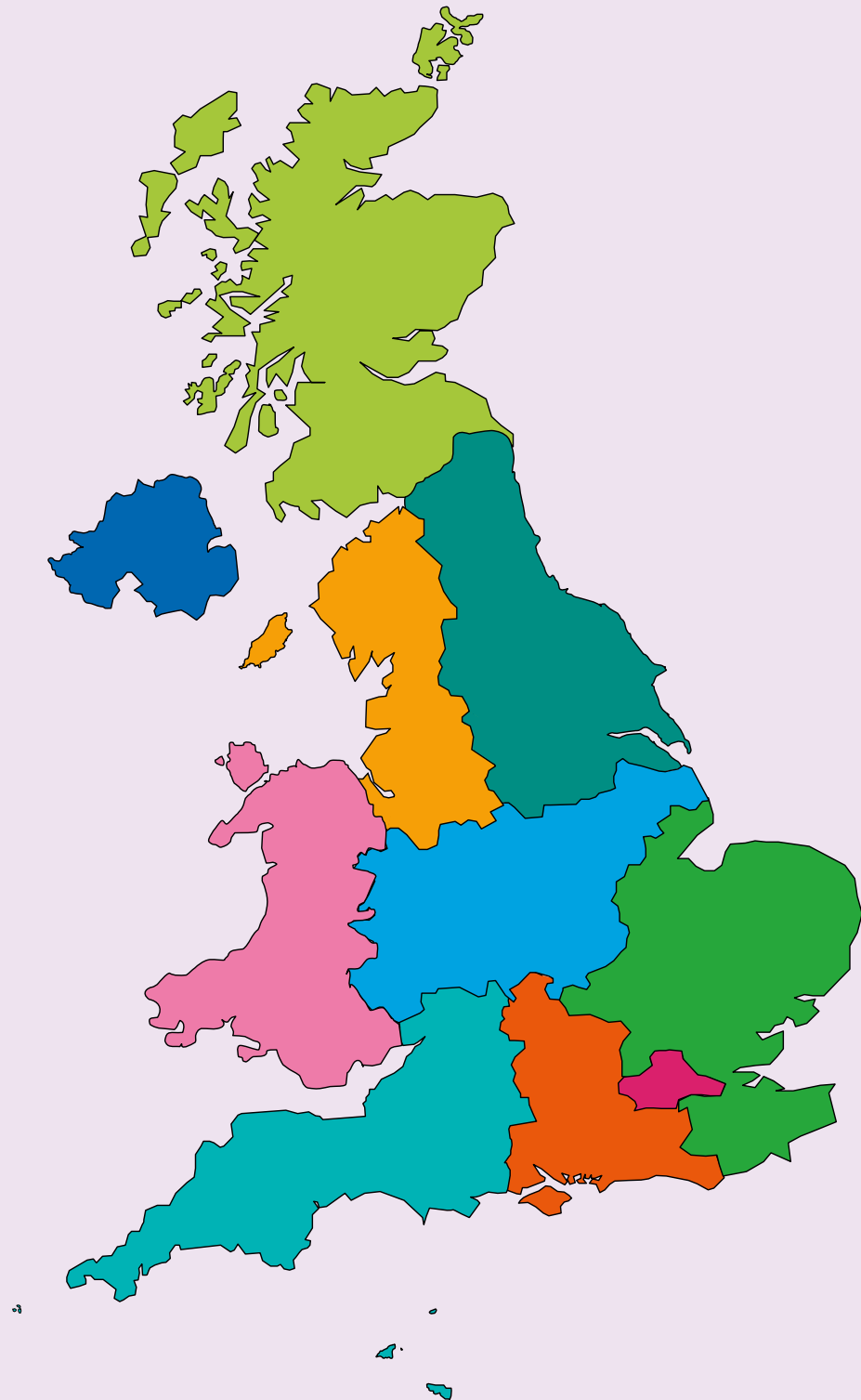
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Available UK wide

Name	Contact	Geographic availability	Services offered	Who is it for?
Association of Anaesthetists Mentoring Scheme	020 7631 1650	UK wide	Mentoring and coaching	Association of Anaesthetists members
Autistic Doctors International	Contact via Facebook Messenger	UK wide	A Facebook group for doctors and medical students on the autistic spectrum and those who think they might be	Doctors and medical students on the autistic spectrum
BMA Charities	07483 115411	UK wide	Money advice for those having difficulty managing their finances. Financial grants only offered to those who are experiencing serious financial hardship	Doctors and medical students
BMA/GMC Doctor Support Service	0207 383 6707	UK wide	Confidential peer support, over the phone and face to face at hearings.	Doctors going through GMC fitness to practise investigations, or at risk of losing their licence.
BMA Wellbeing support services (Counselling and Peer Support)	0330 123 1245	UK wide	Confidential, 24/7 telephone counselling line and peer support. Free of charge to all doctors and medical students	Doctors and medical students (do not have to be a BMA member)
British Doctors and Dentists Group	07850 125 119	UK wide	Support for recovering alcoholic and drug dependent doctors and medical students	Doctors, dentists and medical students
Cameron Fund	info@cameronfund.org.uk	UK wide	Medical benevolent fund providing support to GPs and their families in times of financial need, whether through ill-health, disability, death or loss of employment.	GPs and their families
Disabled Doctors Network	https://www.disableddoctorsnetwork.com/contact-us	UK wide	Supports the welfare, rights and inclusion of chronically ill and physically disabled doctors and medical students	Chronically ill/disabled doctors and medical students, their colleagues, educators and trainers
DocHealth	0207 383 6533	UK wide	Confidential psychotherapy for doctors	Doctors
Doctors in Distress	https://doctors-in-distress.org.uk/contact-doctors-in-distress/	UK wide	Confidential peer-to-peer facilitated support groups	Doctors and other healthcare workers
Doctors' Support Group	https://doctorsupportgroup.com/contact-us/	London, anyone from across the UK can attend	Support groups for any medical professional facing suspension, exclusion, investigation of complaints and/or allegations of professional misconduct	Medical professionals
Doctors' Support Network	info@dsn.org.uk or https://www.dsn.org.uk/contact	UK wide	Confidential peer support network for doctors and medical students with concerns about their mental health	Doctors and medical students
Duty to Care	support@dutytocare.info	UK wide	A free and confidential 24/7 wellbeing and mental health support network for all NHS workers. Online wellbeing and mental health consultation services that bridge the gap for our NHS workers in times of crisis	NHS workers
FY1 Buddy Network	info@fy1buddynetwork.co.uk	UK wide	Buddy/mentoring service for FY1 doctors	FY1 doctors
GLADD	https://gladd.co.uk/#contact	UK wide	Unites and represents LGBTQ+ doctors, dentists, medical and dental students	Doctors and medical students
Healthcare Workers' Foundation	https://healthcareworkersfoundation.org/contact-us	UK wide	At the Healthcare Workers' Foundation, we provide practical and desperately-needed help in the form of counselling, financial support, bereaved family support and staff room refurbishments	People working in any healthcare setting
Help Me, I'm A Doctor	n/a	UK wide	Brings together five independent charities that can provide doctors with confidential financial assistance and aids selecting the most appropriate charity for support in the person's circumstances	Doctors and their dependents
HOPE for Disabled Doctors	info@hope4medics.co.uk	UK wide	Support group for doctors with disabilities	Doctors
Melanin Medics – Mind Us Wellbeing Fund	https://www.melaninmedics.com/contact	UK wide	A free mental wellbeing support service for doctors and medical students of black African and Caribbean heritage to help combat the long-term impacts that COVID-19 has had on their mental health whilst simultaneously facilitating career support	Doctors and medical students of African and Caribbean heritage
Psychiatrists' Support Service, Royal College of Psychiatrists	020 8618 4020	UK wide	The Psychiatrists' Support Service (PSS) provides free, rapid, high quality peer support by telephone to psychiatrists of all grades who may be experiencing personal or work-related difficulties	RCPsych members
RCGP First5	0203 188 7766	UK wide	Community for network and connecting with peers. Support both personally and professionally including CPD, Appraisal, finances and wellbeing	RCGP members
RCSeng Confidential Support and Advice Service	0800 028 0199	UK wide	24/7 confidential support and advice from a trained counsellor	RCSeng members
RMBF Doctor Support Programme	020 8540 9194 (option 1)	UK wide	Financial support for doctors	Doctors
RMBF Medical Student Support Programme	020 8540 9194 (option 1)	All UK medical schools	Financial support for medical students	Medical students
Royal College of Obstetrics and Gynaecology Peer to Peer Support Service	https://www.rcog.org.uk/careers-and-training/starting-your-og-career/workforce/supporting-our-doctors/support-services-for-rcog-members-trainees/peer-to-peer-support-enquiries/	UK wide	Informal peer to peer support service for members who are looking for guidance on workplace issues, interpersonal difficulties, return to work options or non-clinical concerns	RCOG members and trainees
Sick Doctors Trust	0370 444 5163	UK wide	Support and help for doctors, dentists and medical students who are concerned about their use of drugs or alcohol	Doctors, dentists and medical students
Society for Assistance of Medical Families	https://www.samf.org.uk/contact/	UK wide	SAMF provides support and financial assistance to doctors and their families during times of hardship.	Doctors and their families
Tea and Empathy	n/a	UK wide	Facebook group providing non-judgmental, informal listening and emotional support	Doctors
UK Health Professionals with Hearing Loss	n/a	UK wide	A network of deaf and hard of hearing health professionals who share information and support	Health professionals who are deaf or hard of hearing
You Okay, Doc?	info@youokaydoc.org.uk	UK wide	A virtual support group, and bespoke mental and emotional health tools.	Doctors



Name	Contact	Geographic availability	Services offered	Who is it for?
Cleveland LMC GP Health Service	01642 745 811	Cleveland LMC	General advice and support on your wellbeing or that of a colleague, including signposting assistance	GPs
GPMplus	info@gpmplus.co.uk	North Yorkshire and York, Bradford and Airedale, Leeds, Kirklees, Calderdale, Wakefield and Humberside	GPMplus delivers a range of wellbeing support services to primary care colleagues and teams, including peer mentoring support, wellbeing education and practice resilience tools.	GPs, Practice Managers, Practice Nurses and other practice staff with leadership responsibilities.
GP-S	0115 9796917	Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire, and West Essex	Peer mentoring and coaching	GPs
Leeds LMC Pastoral Support	0113 295 1463	Leeds LMC	Support for distressed GPs or those worried about colleagues	GPs
Louise Tebboth Foundation	info@louisettebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Professional Support & Wellbeing Unit	0191 282 1188	North East and Cumbria	Advice to training programmes, and support for doctors and dentists in training working across the North East and North Cumbria experiencing difficulty which is affecting their ability to train	Trainees
Primary Care Rapid Access to Support and Help – Doncaster LMC	01302 531223	Doncaster	Providing rapid access to support and help for a range of physical and mental health complaints for our healthcare colleagues	NHS employees in primary care in Doncaster
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/ Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Validium	User name: Northumberland Password: support	Northumberland LMC	Counselling service paid for by Northumberland LMC	GPs
Yorkshire and Humber Learner Support (Take Time and Workplace Wellbeing)	n/a	Yorks & Humber Deanery (appts in Leeds)	Local counselling and psychological therapy services	Doctors and medical students
YORLMC Pastoral Services	01423 879 922	North Yorkshire, Bradford & Airedale	Personal and confidential support for individual GPs in difficulty or experiencing major change.	GPs and practices



Name	Contact	Geographic availability	Services offered	Who is it for?
Blackpool Trainee & Student Support Committee	n/a	Blackpool	Additional support and remedial training for trainees and students in difficulty	Medical students and trainees
Cheshire LMC Pastoral Care	01244 313 483	Cheshire LMC	Confidential advice, interceding where appropriate, with other agencies on the doctor's behalf, or signposting them to other sources of help and advice	GPs
Consortium of Lancashire & Cumbria LMCs GP Support & Development Service	01772 863806	Cumbria and Lancashire	A free confidential independent service offered to all GPs in Lancashire and Cumbria. It provides pastoral support to all GPs who are experiencing problems such as stress, career or partnership issues, addiction, or general unhappiness/ burn-out	GPs
Louise Tebboth Foundation	info@louisettebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
Manchester LMC Confidential Advisory Service	0161 223 8974	Manchester LMC	Support for suspensions, GMC referrals, complaints, performance issues, partner disputes and CQC reviews	GPs
Merseyside Medical Benevolent Fund	0151 709 9125	Merseyside	Financial support and pastoral care	Doctors and their immediate families
Mid Mersey LMC	01744 28588	Mid Mersey LMC	Help and advice to assist GPs	GPs
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Wirral LMC Support Group	info@wirral-lmc.org.uk	Wirral LMC	Support around health (physical, psychological, addiction, and stress/burnout); performance; disputes (with partners, with Consortia, with the CCG, with the Trust etc); CPD/appraisal/ revalidation; implementing new initiatives	GPs



Name	Contact	Geographic availability	Services offered	Who is it for?
GP-S	0115 9796917	Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire, and West Essex	Peer mentoring and coaching	GPs
Lincolnshire LMC Practitioner Support	01522 576 659	Lincolnshire	Professional support for practitioners who may be struggling with challenges or obstacles which are causing a negative impact on their lives, wellbeing or performance in the workplace	Doctors
Louise Tebboth Foundation	info@louisetebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Nottinghamshire Pastoral Support	liaison@nottslmc.co.uk	Nottinghamshire	Experienced advisors, mostly retired GPs, available and trained to provide personal and confidential support to local GPs undergoing any kind of personal difficulty or crisis	GPs
Professional Support and Wellbeing (West Midlands)	0121 695 2222 or psu.wm@hee.nhs.uk	West Midlands Deanery	Support and development in order to enable trainees to complete training	Trainees, trainers and related healthcare professionals
Professional Support and Wellbeing Service (East Midlands)	0300 303 3603 or psw.em@hee.nhs.uk	East Midlands Deanery	Short-term, solution-focussed interventions for trainee doctors who are having difficulty progressing in training	Trainees
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Worcestershire and Herefordshire LMC Pastoral Support	01527 65082	Worcestershire and Herefordshire	Mediation, mentoring, support for complaints and wellbeing service	GPs



Name	Contact	Geographic availability	Services offered	Who is it for?
Avon LMC COPE Scheme	0117 970 2755	Bristol, North Somerset and South Gloucestershire	Direct access to psychologists, counsellors, psychiatrists and professional coaching	Avon LMC members
Avon LMC GP Safe House	0117 970 2755	Bristol, North Somerset and South Gloucestershire	Online support system for professional challenges, where GPs can access support, advice and guidance at a range of levels. This is a virtual safe house with 5 'rooms' where information and support can be found	Avon LMC members
Avon LMC Pastoral Support	0117 970 2755	Bristol, North Somerset and South Gloucestershire	Pastoral support	Avon LMC members
Devon LMC Support Hub	SupportHub@devonlmc.co.uk	Devon LMC	Broad range of support and guidance to GPs and practice managers who are encountering challenges in their work or personal lives. Provided by Professional Support Officers who are GPs and lay professionals	GPs and practice managers
Gloucestershire LMC Support	01452 310706	Gloucestershire LMC	Coaching, advice, mediation and support at hearings	GPs
Gloucestershire Safehouse	Lesley@gloslmc.com	Gloucestershire LMC	GP Safe House (GPSH) is a virtual safe house providing a refuge and support for practitioners experiencing professional challenges. Five virtual rooms which offer support, information and resources	GPs
IMG Network	imgsouthwest@gmail.com	South West England	Group support, webinars and networking for international medical graduates (IMGs) in the Severn and Peninsula deaneries.	GPs
Kernow LMC Pastoral Support Service	01726 210 141	Cornwall	Tailored advice and support for a wide range of professional and personal issues affecting GPs including stress, conflict, and work-life balance.	GPs in Cornwall
Louise Tebboth Foundation	info@louisettebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Peninsula Deanery Professional Support and Wellbeing (South West)	PSW.SW@hee.nhs.uk	Peninsula Deanery (South West England)	Support for postgraduate examination, training progression, career guidance or health issues	Trainees
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Severn Deanery Professional Support and Wellbeing (South West)	PSW.SW@hee.nhs.uk	Severn Deanery	Promotes trainee wellbeing and personal development. Support and assistance in tackling obstacles or key transitions, whether they be professional or personal	Doctors and medical students
Somerset LMC Pastoral Support Network	01823 331 428	Somerset	Confidential support and guidance to all GPs in Somerset	GPs
Somerset Safe House	jill.hellens@nhs.net	Somerset	Virtual safe house providing a refuge and support for practitioners experiencing professional challenges	GPs
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
The Wellbeing Line	0300 421 7500	Gloucestershire	Confidential mental health and wellbeing support for anyone working in health and social care in Gloucestershire	Anyone working in health and social care in Gloucestershire
Well And Resilient Doctors (WARD)	admin@welldoctors.org	Peninsula Deanery and Severn Deanery (South West England)	Peer support group and education to improve wellbeing, for foundation doctors	Foundation doctors



Name	Contact	Geographic availability	Services offered	Who is it for?
Bedfordshire and Hertfordshire LMC Pastoral Care and Mentoring Service	01438 880 010	Bedfordshire and Hertfordshire	Pastoral care and support	GPs
Berkshire, Buckinghamshire and Oxfordshire LMCs	01628 475 727	Berkshire, Buckinghamshire and Oxfordshire	Confidential support for individuals or GP partnerships	GPs
Kent, Surrey and Sussex – Trainee Support	n/a	Kent, Surrey and Sussex	Information and advice support portal	Trainees
London and South East PSU Coaching Service	PSUCoaching.lase@hee.nhs.uk	London/South East	Coaching for trainees and learners in challenging situations that could prevent them from getting the most from their careers	Trainees
London Professional Support Unit	psu.lase@hee.nhs.uk	London, Kent, Surrey and Sussex	A free service primarily dedicated to supporting the progression of postgraduate training for healthcare professionals. Includes 1:1 support and virtual group support	Healthcare professionals within London and Kent, Surrey and Sussex
Louise Tebboth Foundation	info@louisettebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Pastoral Support for Clinical Medical Students, Oxford University Medical School	01865 289 527	Oxford	Pastoral support	Oxford clinical medical students
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Thames Valley Professional Support and Wellbeing	01865 932 088 or PSW.tv@hee.nhs.uk	Oxford Deanery	Personal coaching and mentoring, workshops, and information designed to support career choices and address performance improvement needs	Doctors
Trainee Doctors & Dentists Support Service	0300 0303 300	London/South East	Interventions to support trainees. Online CBT support tools; Drop in peer support/reflective practice group; Access to psychoeducational groups	Trainees on programmes managed by HEE Local Offices
Wessex Professional Support and Wellbeing Unit	01962 690309	Wessex Deanery	Focused support for their well-being and development for trainees who finds that they are struggling (for whatever reason)	Trainees
Wessex GP Support and Development Scheme	023 8025 3874	Eastleigh	One to one support for GPs and Practice Managers. Coaching, mentoring, counselling and more	GPs and practices



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Bedfordshire and Hertfordshire LMC Pastoral Care and Mentoring Service	01438 880 010	Bedfordshire and Hertfordshire	Pastoral care and support	GPs
Berkshire, Buckinghamshire and Oxfordshire LMCs	01628 475 727	Berkshire, Buckinghamshire and Oxfordshire	Confidential support for individuals or GP partnerships	GPs
Clinical Student Mental Health Service-University of Cambridge	01223 216167	Cambridge University	Psychology and Psychiatry service for clinical medical students at Cambridge University	Cambridge University clinical medical students
Cambridgeshire and Peterborough Staff Mental Health Service	01223 465220	Cambridge	Specialist mental health service for NHS staff, providing rapid assessment, diagnosis and treatment for moderate to severe mental health conditions with specialist occupational support	NHS staff working for North West Anglia NHS Foundation Trust, Cambridge University Hospitals Foundation Trust, Royal Papworth Hospital NHS Foundation Trust, Cambridgeshire Community Services NHS Trust or Cambridgeshire and Peterborough NHS Foundation Trust
East of England Professional Support and Well-being Service – Support Services	01223 597 736	East of England	Access to confidential support measures through external providers, including psychological support	Trainees
GP-S	0115 9796917	Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire, and West Essex	Peer mentoring and coaching	GPs
GP Support Hub	01473 350 820	Suffolk/NE Essex	Confidential information, advice, support on careers, personal development and well-being for GPs in the Suffolk and North East Essex area	GPs
HEE Thames Valley Medic Support	01865 901 000	Thames Valley	Cognitive behavioural therapy to help trainee doctors, dentists and pharmacists with work related stress, anxiety, and depression	Trainee doctors, dentists and pharmacists
Kent, Surrey and Sussex – Trainee Support	n/a	Kent, Surrey and Sussex	Information and advice support portal	Trainees
London and South East PSU Coaching Service	PSUCoaching.lase@hee.nhs.uk	London/South East	Coaching for trainees and learners in challenging situations that could prevent them from getting the most from their careers	Trainees
London Professional Support Unit	psu.lase@hee.nhs.uk	London, Kent, Surrey and Sussex	A free service primarily dedicated to supporting the progression of postgraduate training for healthcare professionals. Includes 1:1 support and virtual group support	Healthcare professionals within London and Kent, Surrey and Sussex
Louise Tebboth Foundation	info@louisetebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
OpenUp UEA student support app	studentsupport@uea.ac.uk	Bedfordshire and Hertfordshire	Pastoral care and support	GPs
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Trainee Doctors & Dentists Support Service	0300 0303 300	London/South East	Interventions to support trainees. Online CBT support tools; Drop in peer support/reflective practice group; Access to psychoeducational groups	Trainees on programmes managed by HEE Local Offices
Welcome Back To Work	https://www.welcomebacktowork.co.uk/want-to-talk	Suffolk, NE Essex	A programme designed to help GPs, who have been away from work for less than two years, to explore their return to work	GPs in Suffolk and NE Essex who have been away from work less than two years

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UK wide services are also available to you

Name	Contact	Geographic availability	Services offered	Who is it for?
Kings College Counselling and Mental Health Support	counselling@kcl.ac.uk	London	Counselling and support for medical students	KCL medical students
London and South East PSU Coaching Service	PSUCoaching.lase@hee.nhs.uk	London/ South East	Coaching for trainees and learners in challenging situations that could prevent them from getting the most from their careers	Trainees
London Professional Support Unit	psu.lase@hee.nhs.uk	London, Kent, Surrey and Sussex	A free service primarily dedicated to supporting the progression of postgraduate training for healthcare professionals. Includes 1:1 support and virtual group support	Healthcare professionals within London and Kent, Surrey and Sussex
Londonwide LMC GP Support	GPSupport@lmc.org.uk	London	Tailored and intensive one-to-one advice and support to any individual GP or practice in difficulty	GPs
Louise Tebboth Foundation	iinfo@louisetebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
Medics4Medics	uclm4m@gmail.com or https://www.uclm4m.co.uk/contact	London	A peer based mental health support community. Peer discussions and events around wellbeing and mental health in doctors and medical students	University College London medical students
NHS England 'Looking After You' Support	england.lookingafteryou@nhs.net	England	Three confidential coaching offers designed to help those working in primary care to look after themselves, their teams, and their careers	All working in primary care in England
NHS Practitioner Health	0300 0303 300	England	Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals	Doctors and other NHS workers
Protect the Medics	contact@protectthemedics.co.uk	England	Virtual one-to-one counselling and group peer support for doctors, medical students and nurses who need additional support.	Doctors, medical students and nurses working in Ambulances, Anaesthetics, Cardiology, Critical Care, Forensic Pathology/Mortuary, General Medicine, Maternity and Midwifery, Medicine for the Elderly, Neurology, Obstetrics and Gynaecology, Oncology, Paediatrics and Surgery
Staff mental health and wellbeing hubs		London	The staff mental health and wellbeing hubs have been set up to provide health and social care colleagues rapid access to assessment and local evidence-based mental health services and support where needed. The hub offer is confidential and free of charge for all health and social care staff	Health and social care staff
Trainee Doctors & Dentists Support Service	020 3049 4505	London/ South East	Interventions to support trainees. Online CBT support tools; Drop in peer support/reflective practice group; Access to psychoeducational groups	Trainees on programmes managed by HEE Local Offices

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UK wide services are also available to you

Name	Contact	Geographic availability	Services offered	Who is it for?
HSCNI staff health and wellbeing	Northern HSC Trust – 028 9441 3644 South Eastern HSC Trust – 02892 501 332 Southern HSC Trust – 028 3756 2600 Western HSC Trust – 028 7161 1281 Belfast HSC Trust – 028 9615 1888	Belfast	Psychological helplines and other resources to help support the wellbeing of health and social care workers in Northern Ireland.	Health and social care workers in Northern Ireland
Northern Ireland Professional Support	028 9536 0224	Northern Ireland	Supporting those with concerns or difficulties during training and development opportunities. Also help and guidance to trainers as they support trainees	Trainees and trainers

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Name	Contact	Geographic availability	Services offered	Who is it for?
Glasgow LMC Support and Pastoral Care	0141 332 8081	Glasgow LMC	Personal, one-to-one support for colleagues for a host of reasons, ranging from difficulties faced in the practice or incidents with colleagues to personal issues at home	GPs
Highland LMC GP Welfare	07806 921153 – Counselling service	Highland LMC	Counselling service and GPs for GPs peer support	GPs
NHS Forth Valley GP mentoring scheme	fv.gpmentoringfv@nhs.scot	NHS Forth Valley	Peer support from another NHS Forth Valley GP	GPs who work primarily in NHS
NHS Forth Valley Medical Peer Support Network – Listen to Connect	Search “Medical Peer Support” on FV Staff intranet for Peer Supporters’ contact details	NHS Forth Valley	Peer support for non training grade secondary care doctors working in NHS Forth Valley	Consultants, Specialty and Associate Specialist doctors
NHS Lothian Peer Support Network	PeerSupport@nhslothian.scot.nhs.uk	Edinburgh	We know that healthcare workers prefer to receive support from their peers after a stressful or adverse event at work, or indeed if their personal stressors are impacting on their work life. The aim of the peer support program is to offer early psychological first aid and/or emotional support to staff.	All staff working in Emergency department and Acute Medical Unit at Royal Infirmary of Edinburgh, NHS Lothian.
Scotland Deanery Professional Support Unit	PSU@nes.scot.nhs.uk	Scotland	As a trainee doctor or dentist, you may experience difficulties which affect your work and/or training. Whether you have health problems, family difficulties, workplace issues, doubts about career choice or lack of examination success you should not think you are alone. If you are experiencing any issues like these, the Deanery can provide you with help, guidance and support.	Trainees with level 3 support needs
Thriving in Medicine Deanery Pages	0131 656 3200	Scotland	Pastoral care, self help and support resources for all trainees. Links on to professional support unit and those with more difficult issues	Doctors
Workforce Specialist Service (WSS)	0300 0303 300	Scotland	The WSS, delivered by NHS Practitioner Health, is a confidential multidisciplinary mental health service with expertise in treating regulated health and social services professionals.	Doctors and other regulated health and social services professionals in Scotland

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UK wide services are also available to you

Name	Contact	Geographic availability	Services offered	Who is it for?
Canopi	https://canopi.nhs.wales/referral/	Wales	Canopi offers a free, confidential service that provides NHS and social care staff in Wales with access to various levels of mental health support, including self-help, guided self-help, peer support, virtual face-to-face therapies, support for PTSD, and support for alcohol-related concerns.	NHS and social care staff in Wales
Louise Tebboth Foundation	info@louisettebboth.org.uk	England and Wales	Financial assistance to projects and services which support the mental wellbeing of medical practitioners and doctors' families bereaved by suicide	Doctors, and their families, bereaved by suicide
Medic Support		Cardiff University	Support for medical students and doctors who have been identified as having issues relating to performance or health	Cardiff University medical students and doctors
Wales Professional Support Unit	03300 585 005	Wales	Guidance and information to all parties involved in postgraduate medical and dental training	Trainees

