



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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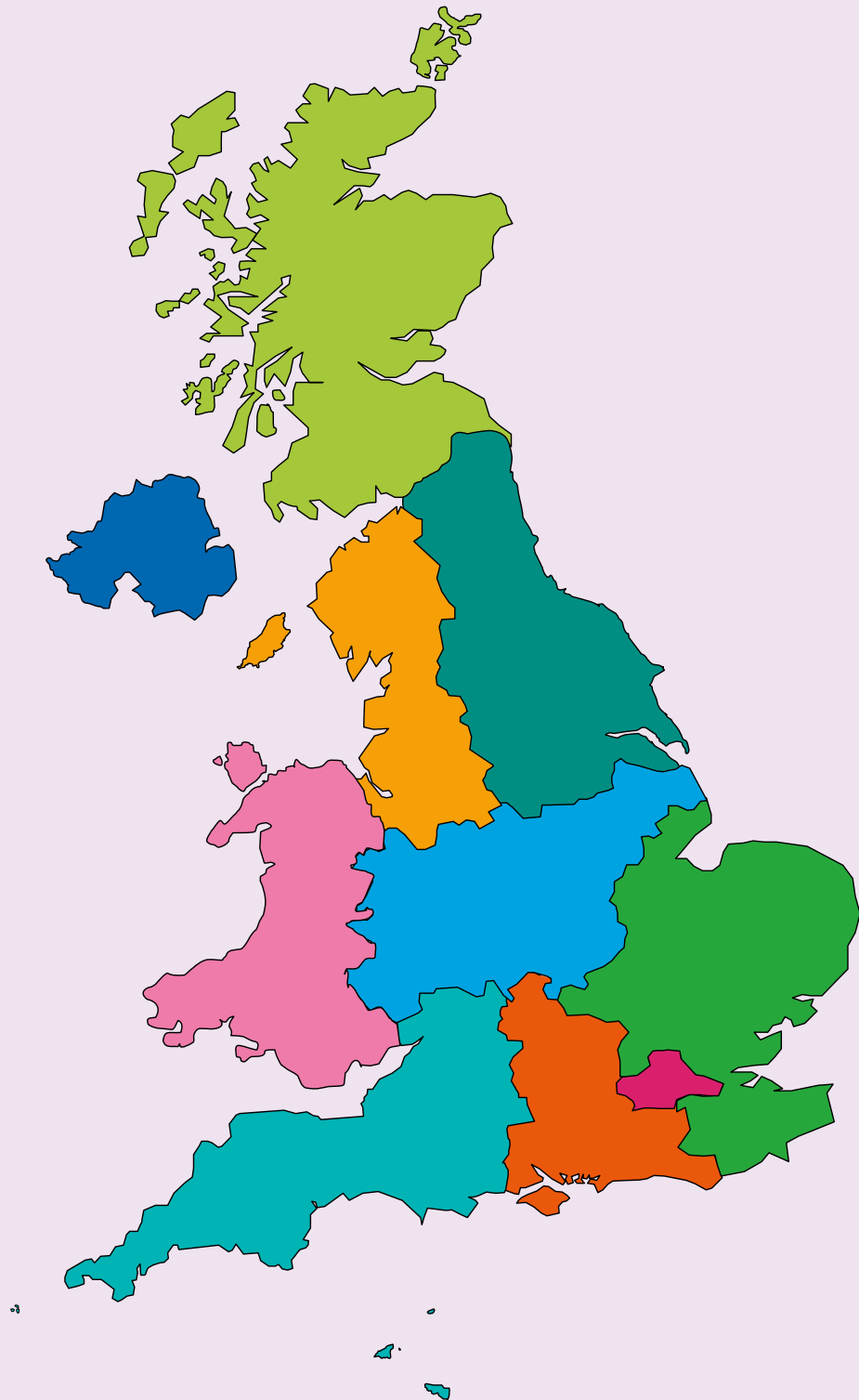
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Available UK wide

| Name | Contact | Geographic availability | Services offered | Who is it for? |
|--|--|--|--|---|
| APM Mentoring | 01489 668 332 | UK wide | Mentoring | Consultants, specialty and staff grade doctors, and trainees in palliative medicine (in the final 6 months of training) |
| Association of Anaesthetists Mentoring Scheme | 020 7631 1650 | UK wide | Mentoring and coaching | Association of Anaesthetists members |
| Autistic Doctors International | Contact via Facebook Messenger | | 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 | 020 7383 6142 | 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 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 and medical students |
| Disabled Doctors Network | n/a | 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 (face to face consultations in London) | Confidential psychotherapy for doctors | Doctors |
| Doctors' Support Group | n/a | 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 | 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 | An online resource for NHS workers to go to for instant help and support when they need it most. They will be able to book one-on-one online sessions and they will find advice from experts on how to manage their mental health independently on a day to day level. | NHS workers |
| FY1 Buddy Network | info@fy1buddynetwork.co.uk | UK wide | Buddy/mentoring service for FY1 doctors | FY1 doctors |
| GLADD | n/a | UK wide | Unites and represents LGBT doctors | Doctors and medical students |
| HOPE for Disabled Doctors | info@hope4medics.co.uk | UK wide | Support group for doctors with disabilities | Doctors |
| Psychiatrists' Support Service, Royal College of Psychiatrists | 020 7245 0412 | UK wide | Confidential peer support, free telephone helpline | RCPsych members |
| RCGP First5 | 020 3188 7400 | 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 | 020 7869 6221 | 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 Obstetricians and Gynaecologists | 020 7772 6200 | 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 | Helpline manned by doctors in recovery from addiction or trained counsellors. Provides help for doctors with alcohol or other drugs issues. Assessment, advice, referral for treatment of alcohol or other drugs related issues. Long term befriending and support | Doctors |
| 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 |

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| 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 |
| GP-S | 0115 9796917 | Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire | Peer mentoring and coaching | GPs |
| Leeds LMC Pastoral Support | 0113 295 1460 | Leeds LMC | Support for distressed GPs or those worried about colleagues | GPs |
| 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| North East Trainee Support Service | 0191 282 1188 | HEE North East | Occupational health, psychotherapy and educational professional support | 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 |
| 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 |
| Yorkshire wellbeing resources | n/a | National and regional | Signposting to many wellbeing support resources | Doctors |
| YORLMC Pastoral Services | 01423 879 922 | North Yorkshire, Bradford & Airedale | Personal and confidential support for individual GPs and practices in difficulty or experiencing major change | GPs and practices |

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UK wide services are also available to you

| 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 |
| Lancashire and Cumbria LMC GP Support Scheme | 01772 863806 | Cumbria and Lancashire | Confidential, independent counselling and mentor scheme run by the Lancashire and Cumbria Consortium of LMCs | Doctors |
| 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| Wirral LMC Support Group | 07845 560 050 | 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 |

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| Name | Contact | Geographic availability | Services offered | Who is it for? |
|---|--|--|---|---|
| East Midlands Professional Support Unit | 0300 303 3603 | East Midlands Deanery | Short-term, solution-focussed interventions for trainee doctors who are having difficulty progressing in training | Trainees |
| GP-S | 0115 9796917 | Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire | Peer mentoring and coaching | GPs |
| Lincolnshire LMC Mentoring Service | 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@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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| Nottinghamshire Pastoral Support | 0115 977 1341 | 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 |
| West Midlands Professional Support Unit | 0121 695 2222 | West Midlands Deanery | Support and development in order to enable trainees to complete training | Trainees, trainers and related healthcare professionals |
| Worcestershire and Herefordshire LMC Pastoral Support | 01527 65082 | Worcestershire and Herefordshire | Mediation, mentoring, support for complaints and wellbeing service | GPs |

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| 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 Pastoral Support Service | 01392 834 020 (ask to speak to Hannah Baxter or Bob Fancy) | 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 | n/a | 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 |
| 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| Peninsula Professional Support Unit (South West England) | n/a | Peninsula Deanery (South West England) | Support for postgraduate examination, training progression, career guidance or health issues | Trainees |
| Severn Deanery Professional Support Unit | n/a | 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 | n/a | Somerset | Virtual safe house providing a refuge and support for practitioners experiencing professional challenges | GPs |
| Well And Resilient Doctors (WARD) | admin@welldoctors.org | SW England | Peer support group and education to improve wellbeing, for foundation doctors | Foundation doctors |

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|--|--|--|--|--|
| 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 | n/a | 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 | n/a | 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| Pastoral Support for Clinical Medical Students, Oxford University Medical School | 01865 289 527 | Oxford | Pastoral support | Oxford clinical medical students |
| Thames Valley Professional Support Unit | 01865 785 570 | 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 | 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 |
| Wessex Professional Support Unit | 01962 718 400 | 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 | Dorset, Hampshire, Isle of Wight, Wiltshire, Jersey and Guernsey | One to one support for GPs and Practice Managers. Coaching, mentoring, counselling and more | GPs and practices |

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| Name | Contact | Geographic availability | Services offered | Who is it for? |
|--|--|--|--|--|
| Berkshire, Buckinghamshire and Oxfordshire LMCs | 01628 475 727 | Berkshire, Buckinghamshire and Oxfordshire | Confidential support for individuals or GP partnerships | GPs |
| Cambridge Medical Students Mental Health Service | 01223 332 865 | Cambridge University | Psychology and Psychiatry service for clinical medical students at Cambridge University | Cambridge University clinical medical students |
| East of England Professional Support and Well-being Service – Support Services | 01223 596905 or 01223 596953 | East of England | Access to confidential support measures through external providers, including psychological support | Trainees |
| 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 | n/a | 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 | n/a | 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| OpenUp UEA student support app | 01438 880 010 | Bedfordshire and Hertfordshire | Pastoral care and support | GPs |
| 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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| Name | Contact | Geographic availability | Services offered | Who is it for? |
|--|--|---------------------------------|--|--|
| Kings College Counselling and Mental Health Support | 020 7848 1234 | London | Counselling and support for medical students | KCL medical students |
| London and South East PSU Coaching Service | n/a | 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 | n/a | 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 | 020 3818 6265 | London | Tailored and intensive one-to-one advice and support to any individual GP or practice in difficulty | 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 Practitioner Health | 0203 049 4505 | England | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| QMUL School of Medicine and Dentistry Pastoral Support | 0207 882 2126 | London | Network of pastoral and academic support, specifically designed to assist our medical students throughout their studies. Mentoring, peer support, career support and benevolent fund | Barts and the London, Queen Mary University of London medical students |
| 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? |
|---|---------------|-------------------------|---|-----------------------|
| 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 | 07582 097 718 | Highland LMC | Counselling service and GPs for GPs peer support | GPs |
| NHS Ayrshire & Arran Peer Support Service | MedicalPeerSupport@aaapct.scot.nhs.uk | Crosshouse and Ayr hospitals | The service provides peer support – psychological first aid for colleagues who are experiencing issues either work or home related and provide confidential listening ear from a peer. We also “reach out” to colleagues when we are aware of any critical incidents that occur within departments. We are currently expanding and updating our role to involve pastoral support for new consultant colleagues as well as support for trainees and doctors undergoing SAERS. | Consultants, Specialty and Associate Specialist doctors |
| NHS Forth Valley GP mentoring scheme | FV-UHB.gpmentoringfv@nhs.net | 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 | The Forth Valley Medical Peer Support (MPS) network is made up of a group of trained doctors who understand the challenges of being a senior clinician in secondary care. We are available to listen to and talk with colleagues seeking confidential informal social support. | 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 Performance Support Unit | 0141 223 1620 | Scotland | Case managers are senior clinicians assist trainees with issues impacting their training. Face to face support offered if needed | 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 |

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| Name | Contact | Geographic availability | Services offered | Who is it for? |
|---|--|-------------------------|---|--|
| Health for Health Professionals Wales | 0800 058 2738 | Wales | HHP Wales offers a free, confidential service for healthcare professionals and healthcare students in Wales, that provides access to various levels of support. This includes Self-help, Guided self-help, Peer support and Virtual face to face therapies with accredited specialists. | Healthcare professionals and healthcare students |
| 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 | 029 2087 0686 | 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 584 211/212 /213 | Wales | Guidance and information to all parties involved in postgraduate medical and dental training | Trainees |



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| Name | Contact | Geographic availability | Services offered | Who is it for? |
|---|---|--|--|---|
| APM Mentoring | 01489 668 332 | UK wide | Mentoring | Consultants, specialty and staff grade doctors, and trainees in palliative medicine (in the final 6 months of training) |
| Association of Anaesthetists Mentoring Scheme | 020 7631 1650 | London | Mentoring and coaching | Association of Anaesthetists members |
| Autistic Doctors International | Contact via Facebook Messenger | | 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 |
| Avon LMC COPE Scheme | 0117 970 2755 | Bristol, North Somerset and South Gloucestershire | Direct access to psychoanalysts, 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 |
| Bedfordshire and Hertfordshire LMC Pastoral Support | 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 |
| Blackpool Trainee & Student Support Committee | n/a | Blackpool | Additional support and remedial training for trainees and students in difficulty | Medical students and trainees |
| BMA Charities | 020 7383 6142 | 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 | London | 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 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, dentists and students | Doctors and medical students |
| Cambridge Medical Students Mental Health Service | 01223 332 865 | Cambridge University | Psychology and Psychiatry service for clinical medical students at Cambridge University | Cambridge University clinical medical students |
| 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 |
| 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 |
| Devon LMC Pastoral Support Service | 01392 834 020 (ask to speak to Hannah Baxter or Bob Fancy) | 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 |
| Disabled Doctors Network | n/a | 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 (face to face consultations in London) | Confidential psychotherapy | Doctors |
| Doctors' Support Group | n/a | 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 | UK wide | Confidential peer support network for doctors and medical students with concerns about their mental health | Doctors and medical students |
| Duty to Care | https://www.dutytocare.info support@dutytocare.info | UK wide | An online resource for NHS workers to go to for instant help and support when they need it most. They will be able to book one-on-one online sessions and they will find advice from experts on how to manage their mental health independently on a day to day level. | NHS workers |
| East Midlands Professional Support Unit | 0300 303 3603 | East Midlands Deanery | Short-term, solution-focused interventions for trainee doctors who are having difficulty progressing in training | Trainees |
| East of England Professional Support and Well-being Service - Support Services | 01223 596905 or 01223 596953 | East of England | Access to confidential support measures through external providers, including psychological support | Trainees |
| FY1 Buddy Network | info@fy1buddynetwork.co.uk | UK wide | Buddy/mentoring service for FY1 doctors | FY1 doctors |
| GLADD | n/a | UK wide | Unites and represents LGBT doctors and dentists | Doctors and medical students |
| 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 |
| Gloucestershire LMC Support | 01452 310706 | Gloucestershire LMC | Coaching, advice, mediation and support at hearings | GPs |
| Gloucestershire Safehouse | n/a | 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 |
| GP-S | 0115 9796917 | Nottinghamshire, Derbyshire, Staffordshire, Sheffield, Telford & Wrekin and Shropshire | Peer mentoring and coaching | GPs |
| Health for Health Professionals Wales | 0800 058 2738 | Wales | HHP Wales offers a free, confidential service for healthcare professionals and healthcare students in Wales, that provides access to various levels of support. This includes Self-help, Guided self-help, Peer support and Virtual face to face therapies with accredited specialists. | Healthcare professionals and healthcare students |
| Highland LMC GP Welfare | 07582 097 718 | Highland LMC | Counselling service and GPs for GPs peer support | GPs |
| HOPE for Disabled Doctors | info@hope4medics.co.uk | UK wide | Support group for doctors with disabilities | Doctors |
| Kent, Surrey and Sussex - Trainee Support | n/a | Kent, Surrey and Sussex | Information and advice support portal | Trainees |
| Kings College Counselling and Mental Health Support | 020 7848 1234 | London | Counselling and support for medical students | KCL medical students |
| Lancashire and Cumbria LMC GP Support Scheme | 01772 863806 | Cumbria and Lancashire | Confidential, independent counselling and mentor scheme run by the Lancashire and Cumbria Consortium of LMCs | Doctors |
| Leeds LMC Pastoral Support | 0113 295 1460 | Leeds LMC | Support for distressed GPs or those worried about colleagues | GPs |
| Lincolnshire LMC Mentoring Service | 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 |
| London and South East PSJ Coaching Service | n/a | 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 | n/a | 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 | 020 3818 6265 | London | Tailored and intensive one-to-one advice and support to any individual GP or practice in difficulty | GPs |
| Louise Tebbott Foundation | info@louisettebbott.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 reviews, partner disputes and CQC reviews | GPs |
| Medic Support | 029 2087 0686 | 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 |
| 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 Ayrshire & Arran Learner Support (Take Medical Peer Support @aaapt.scot.nhs.uk) | MedicalPeerSupport@aaapt.scot.nhs.uk | Crosshouse and Ayr hospitals | The service provides peer support – psychological first aid for colleagues who are experiencing issues either work or home related and provide confidential listening ear from a peer. We also "reach out" to colleagues when we are aware of any critical incidents that occur within departments. We are currently expanding and updating our role to involve pastoral support for new consultant colleagues as well as support for trainees and doctors undergoing SAERS. | Consultants, Specialty and Associate Specialist doctors |
| NHS Forth Valley GP mentoring scheme | FV-UH8.gpmentoring@nhs.net | 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 | The Forth Valley Medical Peer Support (MPS) network is made up of a group of trained doctors who understand the challenges of being a senior clinician in secondary care. We are available to listen to and talk with colleagues seeking confidential informal social support. | 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, 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. |
| NHS Practitioner Health | 0203 049 4505 | London | A free, confidential service for mental or physical health concerns and/or addiction problems, in particular where this may be affecting work | Doctors, and medical students on clinical placements |
| North East Trainee Support Service | 0191 282 1188 | HEE North East | Occupational health, psychotherapy and educational professional support | Trainees |
| 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 |
| Nottinghamshire Pastoral Support | 0115 977 1341 | 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 |
| OpenUp UEA student support app | n/a | Norwich | Student wellbeing support app for University of East Anglia | University of East Anglia medical students |
| Pastoral Support for Clinical Medical Students, Oxford University Medical School | 01865 289 527 | Oxford | Pastoral support | Oxford clinical medical students |
| Peninsula Professional Support Unit (South West England) | n/a | Peninsula Deanery (South West England) | Support for postgraduate examination, training progression, career guidance or health issues | 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 |
| Psychiatrists' Support Service, Royal College of Psychiatrists | 020 7245 0412 | UK wide | Confidential peer support, free telephone helpline | RCPsych members |
| QMUL School of Medicine and Dentistry Pastoral Support | 0207 882 2126 | London | Network of pastoral and academic support, specifically designed to assist our medical students throughout their studies. Mentoring, peer support, career support and benevolent fund | Barts and the London, Queen Mary University of London medical students |
| RCGP First5 | 020 3188 7400 | UK wide | Community for network and connecting with peers. Support both personally and professionally including CPD, Appraisal, finances and wellbeing | RCGP members |
| RCSEd Confidential Support and Advice Service | 020 7869 6221 | UK wide | 24/7 confidential support and advice from a trained counsellor | RCSEd 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 Obstetricians and Gynaecologists | 020 7772 6200 | 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 |
| Scotland Performance Support Unit | 0141 223 1620 | Scotland | Case managers are senior clinicians assist trainees with issues impacting their training. Face to face support offered if needed | Trainees with level 3 support needs |
| Severn Deanery Professional Support Unit | n/a | 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 |
| Slick Doctors Trust | 0370 444 5163 | UK wide | Helpline manned by doctors in recovery from addiction or trained counsellors. Provides help for doctors with alcohol or other drugs issues. Assessment, advice, referral for treatment of alcohol or other drugs related issues. Long term befriending and support | Doctors |
| Somerset LMC Pastoral Support Network | 01823 331 428 | Somerset | Confidential support and guidance to all GPs in Somerset | GPs |
| Somerset Safe House | n/a | Somerset | Virtual safe house providing a refuge and support for practitioners experiencing professional challenges | GPs |
| Tea and Empathy | n/a | UK wide | Facebook group providing non-judgmental, informal listening and emotional support | Doctors |
| Thames Valley Professional Support Unit | 01865 785 570 | Oxford Deanery | Personal coaching and mentoring, workshops, and information designed to support career choices and address performance improvement needs | Doctors |
| 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 |
| 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 |
| 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 |
| Validium | User name: Northumberland Password: supportbar | Northumberland LMC | Counselling service paid for by Northumberland LMC | GPs |
| Wales Professional Support Unit | 03300 584 211/212 /213 | Wales | Guidance and information to all parties involved in postgraduate medical and dental training | Trainees, SAS doctors and consultants |
| Well And Resilient Doctors (WARD) | admin@welldoctors.org | SW England | Peer support group and education to improve wellbeing, for foundation doctors | Foundation doctors |
| Wessex Professional Support Unit | 01962 718 400 | Wessex Deanery | Focused support for their well-being and development for trainees who find that they are struggling (for whatever reason) | Trainees |
| Wessex GP Support and Development Scheme | 023 8025 3874 | Dorset, Hampshire, Isle of Wight, Wiltshire, Jersey and Guernsey | One to one support for GPs and Practice Managers. Coaching, mentoring, counselling and more | GPs and practices |
| West Midlands Professional Support Unit | 0121 695 2222 | West Midlands Deanery | Support and development in order to enable trainees to complete training | Trainees, trainers and related healthcare professionals |
| Wirral LMC Support Group | 07845 560 050 | Wirral LMC | Support around health (physical, psychological, addiction, and stress/burnout); performance; disputes (with partners, with Consorts), with the CCG, with the Trust etc); CPD/ appraisal/ revalidation; implementing new initiatives | GPs |
| Worcestershire and Herefordshire LMC Pastoral Support | 01527 65082 | Worcestershire and Herefordshire | Mediation, mentoring, support for complaints and wellbeing service | 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 |
| Yorkshire wellbeing resources | n/a | National and regional | Signposting to many wellbeing support resources | Doctors |
| YORLMC Pastoral Services | 01423 879 922 | North Yorkshire, Bradford & Airedale | Personal and confidential support for individual GPs and practising in difficulty or experiencing major change | GPs and practices |
| You Okay, Doc? | info@youokaydoc.org.uk | UK wide | A virtual support group, and bespoke mental and emotional health tools. | Doctors |