



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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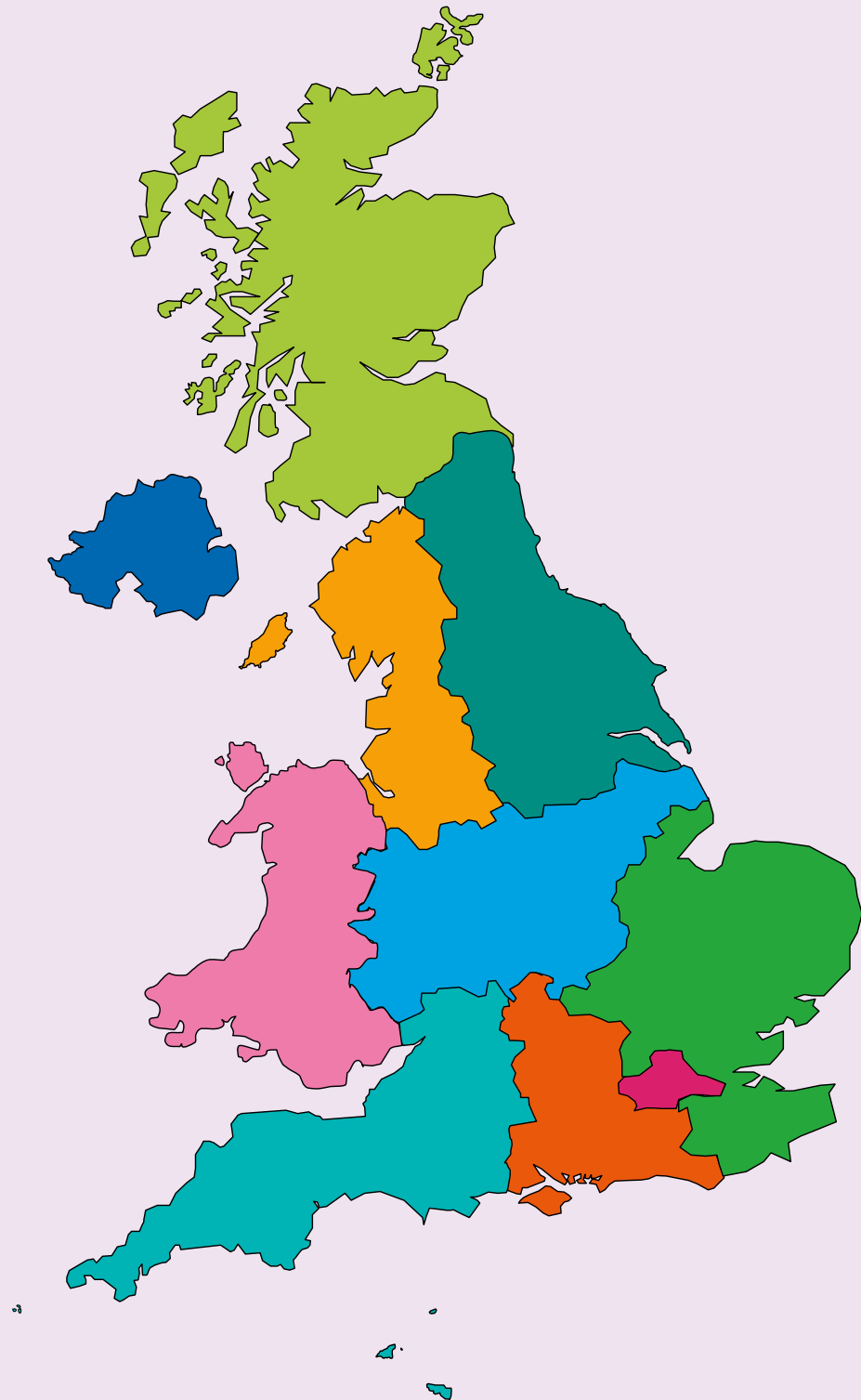
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Name	Contact	Geographic availability	Services offered	Who is it for?
Association of Anaesthetists Mentoring Scheme	020 7631 1650	UK wide	Mentoring and coaching	Association of Anaesthetists members
Autistic Doctors International	Contact via Facebook Messenger		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	Confidential psychotherapy for doctors	Doctors
Doctors' Mess	contactdoctorsmess@gmail.com	UK wide	An online, confidential forum which aims to provide doctors with a safe and non-judgemental space to come together and to share and discuss their personal and professional experiences.	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@qdsn.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 Obstetrics and Gynaecology Peer to Peer Support Service	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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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
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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
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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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 and Cumbria LMCs 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@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
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
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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	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?
Professional Support and Wellbeing Service (East Midlands)	0300 303 3603	East Midlands Deanery	Short-term, solution-focused 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 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@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
Professional Support and Wellbeing (West Midlands)	0121 695 2222	West Midlands Deanery	Support and development in order to enable trainees to complete training	Trainees, trainers and related healthcare professionals
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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	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 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	Hertfordshire	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	n/a	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
Well And Resilient Doctors (WARD)	admin@welldoctors.org	SW 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 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
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
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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 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 and Wellbeing 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



Name	Contact	Geographic availability	Services offered	Who is it for?
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
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
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 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
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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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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
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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
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
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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Name	Contact	Geographic availability	Services offered	Who is it for?
HSCNI staff health and wellbeing	0808 800 0002	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	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 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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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



Available UK wide

England

north east

north west

midlands

south west

south central

south east

London

Northern Ireland

Scotland

Wales

A-Z

Name	Contact	Geographic availability	Services offered	Who is it for?
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 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
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
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
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 Support Hub	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	Confidential psychotherapy	Doctors
Doctors' Mess	contact@doctorsmess@gmail.com	UK wide	An online, confidential forum which aims to provide doctors with a safe and non-judgemental space to come together and to share and discuss their personal and professional experiences.	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@dpsn.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
Professional Support and Wellbeing Service (East Midlands)	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
HSCNI staff health and wellbeing	0808 800 0002	Belfast	Psychological helpline 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
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
Consortium of Lancashire and Cumbria LMCs GP Support Scheme	01772 863806	Cumbria and Lancashire	Confidential, independent counselling and mentoring 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 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
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@louiseitebboth.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
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 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 to colleagues when we are aware of any critical incidents that could impact on their wellbeing. 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_amentoringfv@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 trainee 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.
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 trainees 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 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
Primary Care Rapid Access to Support and Help – Doncaster LMC	01302 531223	Doncaster	Providing rapid direct support and help for a range of physical/mental health complaints for our healthcare colleagues	NHS employees in primary care in Doncaster
Professional Support and Wellbeing (West Midlands)	0121 695 2222	West Midlands Deanery	Support and development for in order to enable trainees to complete training	Trainees, trainers and related healthcare professionals
Protect the Medics	contact@protectthemedics.co.uk	Hertfordshire	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
QMUL School of Medicine and Dentistry Pastoral Support	0207 882 2126	London	Network of specially designed to assist our medical students throughout their studies. Mentoring, peer support, career support and benevolent fund	Queen's and the London, Barts 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
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 Obstetrics and Gynaecology Peer to Peer Support Service	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 Deanery Professional Support Unit	PSU@nhs.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
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
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
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
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 local access to assessment and rapid 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
Tea and Empathy	n/a	UK wide	Facebook group providing non-judgmental, informal listening and emotional support	Doctors
Thames Valley Professional Support and Wellbeing	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 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: support	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 and Wellbeing 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, Wilshire, Jersey and Guernsey	One to one support for GPs and Practice Managers. Coaching, mentoring, counselling and more	GPs and practices
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
Worcestershire and Herefordshire LMC Pastoral Support	01527 65082	Worcestershire and Herefordshire	Mediation, mentoring, support for complaints and wellbeing service	GPs
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
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
You Okay, Doc?	info@youokaydoc.org.uk	UK wide	A virtual support group, and bespoke mental and emotional health tools.	Doctors