

ORGANISATIONS THAT GENERAL PRACTITIONERS MAY CONTACT FOR HELP AND SUPPORT:

Local Medical Committees (LMCs)

Professional organisations supporting and informing General Practitioners.

Wessex LMCs

Tel: 023 8025 3874 / Website: www.wessexlmcs.com

Berkshire, Oxfordshire and Buckinghamshire LMCs

Tel: 01628 475727 / Website: www.bbolmc.co.uk

Surrey and Sussex LMCs

Tel: 01372 389270 / Website: www.sslmcs.co.uk

Kent LMC

Tel: 01622 851197 / Website: www.kentlmc.org

Royal Medical Benevolent Fund

The RMBF was set up by doctors to help colleagues and their dependants in need. Support available ranges from specialist information and advice to financial assistance. Improving working lives for doctors, offering confidential advice.

Tel: 0208 540 9194

Website: www.rmbf.org

<https://rmbf.org/health-and-wellbeing/>

Royal Medical Foundation

The Foundation provides financial and other assistance to doctors and their dependents.

Tel: 01372 821 010

Website: www.royalmedicalfoundation.org

Email: rnf-caseworker@epsomcollege.org.uk for financial assistance and applications.

Email: rnf@epsomcollege.org.uk for all other enquiries, or Tel: 01372 821011

Support 4 Doctors – now hosted by the Royal Medical Benevolent Fund

Tel: 0208 540 9194

Website: www.rmbf.org

BMA Wellbeing Support Services - Counselling | Peer Support

This is a confidential, nationwide, non-stop advice and counselling service for doctors and medical students. Provides help for doctors in difficulty, especially in relation to mental health problems and misuse of alcohol and/or drugs. The unit provides a signposting service to the area of help relevant to the individual doctors.

Helpline Tel: 0330 123 1245- available 24 hours a day, 7 days a week

Website: bma.org.uk/wellbeingsupport

Email: wellbeingsupport@bma.org.uk

BMA Charities Trust Fund

The BMA Charities are two registered charities which can help all doctors (not just members) in times of need.

For more information, please contact: 020 7383 6142

Website: <https://www.bma.org.uk/about-us/who-we-are/bma-charities>

Email: info.bmacharities@bma.org.uk

British International Doctors' Association

The British International Doctors' Association (BIDA) was established in the United Kingdom with the sole objective of promoting equality and fairness for all doctors and dentists working in the UK. BIDA's mission is to achieve equal treatment of all doctors and dentists based on their competence and merit irrespective of race, gender, sexual orientation, religion, country of origin, or school of graduation.

Tel: 0161 456 7828

Website: www.bidaonline.co.uk - complete an online contact form, or

Email: info@bidaonline.co.uk

The Cameron Fund

This charity supports doctors and their families in times of poverty, hardship and distress.

Tel: 020 7388 0796

Website: www.cameronfund.org.uk

Email: info@cameronfund.org.uk

The Medical Council on Alcohol

This is a charity providing education for medical students on alcohol-related health issues. Its focus is concerned with the effects of alcoholic excess on health and, as such, seeks to ensure that medical students are suitably aware of the risks associated with alcohol both on their patients, practice and their own health.

Tel: 020 7487 4445 open Monday to Thursday 9:30am to 5:00pm.

Website: www.m-c-a.org.uk

Email: info@m-c-a.org.uk

Facebook: Medical Council on Alcohol

Twitter: @MCA_med

Doctors' Support Network

"Peer support for doctors and medical students with mental health concerns"

"This network aims to provide support, reduce stigma, and campaign for better services for doctors with a range of mental health problems. "As doctors we are used to supporting patients' health and wellbeing, but we often neglect our own. Doctors have among the highest rate of mental health problems of any profession, but often feel isolated and unsupported."

Website: www.dsn.org.uk complete online form confidentially

Twitter: [@DocSupportNet](https://twitter.com/DocSupportNet)

The British Doctors' and Dentists' Group

This is a mutual support society for doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs. It provides venues to meet for confidential, mutual support and encouragement.

Tel: 07904 570729

Website: www.bddg.org for online contact form or

Contact Andrew M. National Secretary at email: aonghuis@outlook.com

The Sick Doctors Trust

This is a wholly independent and confidential organisation which offers support and help to doctors and medical students suffering any degree of dependence on drugs or alcohol. It offers early intervention and treatment for doctors addicted to alcohol or other drugs and helps with the recovery and rehabilitation of affected doctors and their families

Helpline Number: 0370 444 5163 (24 hrs)

Website: www.sick-doctors-trust.co.uk

Email: help@sick-doctors-trust.co.uk

Practitioner Health Programme

The Practitioner Health Programme (PHP) is a confidential, NHS treatment service for doctors and dentists who are unable to access confidential care through mainstream NHS routes due to the nature of their role and/or health condition. PHP is a free confidential service for doctors and dentists who have mental and/or physical health concerns and/or addiction problems and who live in the London area. There is provision for referrals outside London.

Tel: 020 3049 4505

Website: www.php.nhs.uk

Alcoholics Anonymous

Tel: 0800 9177 650

Website: www.alcoholics-anonymous.org.uk

Email: help@aamail.org

Narcotics Anonymous

Helpline Tel: 0300 999 1212 – 10am to midnight

Website: www.ukna.org

Samaritans

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

Tel. 116 123 (new number) - 24 hours a day, 365 days a year

Website: www.samaritans.org

Email: jo@samaritans.org

GP Health Service (GPH)

The NHS GP Health Service is a confidential NHS service for GPs and GP trainees in England. The Service can help with issues relating to a mental health concern, stress or depression, or an addiction problem, in particular where these might affect work.

"GPH is not a service for individuals with mental health problems which require specialist psychiatric input though we can help provide additional support where we can".

GPH is provided by health professionals who have additional expertise in addressing the issues concerning doctors. These clinicians are available in various locations across England.

Tel: 0300 0303 300 - 8am–8pm Mon–Fri, and 8am–2pm Saturdays

Website: <http://gphealth.nhs.uk/>

Email: gp.health@nhs.net