

GP Career Support

For GPs in need of extra support or who are worried about their wellbeing

Perhaps you are feeling like you're struggling to balance both work and personal commitments? Or maybe you feel overwhelmed, or that you're approaching burnout?

National support for GPs includes:

NHS GP Health Service - a free and confidential health service established in 2017 for GPs and trainee GPs experiencing mental health and addiction issues. The service has a number of clinical services available from face to face psychological therapies to peer group sessions. It can also provide support more remotely using online tools and tailoring the support to the needs of the GP.

GP Health will help GPs with:

- Common and more complex mental health conditions
- Mental health conditions relating to a physical health issue
- Substance misuse including support for community detoxification
- Rehabilitation and support to return to work after a period of mental ill-health.

The service is confidential and can be accessed between 8am-8pm weekdays and 8am-2pm weekends. More information can be found here: <http://www.gphealth.nhs.uk> or by calling 0300 0303 300.

The NHS GP Health Service:

- ◆ Is not an Occupational Health service, it is a treatment service. GPH clinicians may link with local Occupational Health services to support a GP patients return to clinical practice. If Occupational Health is what you need, please contact the NHS England regional team to identify your local provider.
- ◆ Is not a replacement for mainstream NHS services, nor is it designed to offer a second opinion. GPs that are currently supported by NHS mental health services are encouraged to remain with their local treatment team, but can seek guidance on particular aspects of care, or support for return to work.

Other support services available include:

- Peer Support Network - <http://www.medicalnetworking.co.uk>
- Doctors Support Network - <http://www.dsn.org.uk/>
- DocHealth - <http://www.dochealth.org.uk/>
- Royal Medical Benevolent Fund - <http://www.rmbf.org/>
- Cameron Fund - <http://www.cameronfund.org.uk/>
- BMA Doctors Advisor Service - <http://www.bma.org.uk/advice/work-life-support/your-wellbeing/bma-counselling-and-doctor-advisor-service>
- BMA Doctor Support Service - <http://www.bma.org.uk/advice/work-life-support/your-wellbeing/doctor-support-service>
- Family Doctor Association - <http://www.family-doctor.org.uk>

The GP career support pack sets out the various types of support available to you throughout your career as a general practitioner in England. You can access the GP career support pack here: <https://www.england.nhs.uk/publication/gp-career-support-pack/>