

ORGANISATIONS DENTISTS MAY CONTACT FOR HELP AND SUPPORT

Local Dental Committees (LDCs)

Professional organisations supporting and informing Dental Professionals;

Surrey LDC - Website: <http://www.surreyldc.org.uk/>

East Sussex Brighton and Hove LDC - Website: <http://www.eastsussexldc.org.uk/>

West Sussex LDC - Website: <http://www.wslc.co.uk/>

Kent LDC - Website: <http://www.kldc.org.uk/>

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.

Website: www.bddg.org/ Contact via web-form

Dentists' Health Support Programme

Providing dental professionals with free advice and support on alcohol, drugs, eating disorders and other health issues.

Tel: 020 7224 4671 Website: <http://www.dentistshealthsupporttrust.org/>

Email: dentistsprogramme@gmail.com

NHS 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

HEELaSE

Health Education England, London and Kent, Surrey and Sussex

Website: <https://hee.nhs.uk> - has mostly GP information however, London dentists needing support, please email dentalcompetency.lase@hee.nhs.uk

and Kent Surrey and Sussex dentists please email dentalcompetency@hee.nhs.uk

Alcoholics Anonymous UK

Tel: 0800 917 7650 Website: www.alcoholics-anonymous.org.uk or email: help@aamail.org

Narcotics Anonymous UK

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 365 days a year, for people who are experiencing feelings of distress or despair, including those which could lead to suicide.

Tel: 116 123 (FREEPHONE for callers in UK mainland and Republic of Ireland)

Website: www.samaritans.org Email: jo@samaritans.org (for emotional support)