ORGANISATIONS GENERAL PRACTITIONERS MAY CONTACT FOR HELP AND SUPPORT

Local Medical Committees (LMCs)
Professional organisations supporting and informing General Practitioners.

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: rmf-caseworker@epsomcollege.org.uk For financial assistance and applications
For all other enquiries Email: rmf@epsomcollege.org.uk Tel: 01372 821011
Support 4 Doctors – now hosted by the Royal Medical Benevolent Fund
Tel: 0208 540 9194

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
Email: wellbeingsupport@bma.org.uk
Website: bma.org.uk/wellbeingsupport

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 Tel: 020 7383 6142
Website: https://www.bma.org.uk/about-us/who-we-are/bma-charities
Email: info.bmacharities@bma.org.uk

Support 4 Doctors – now hosted by the Royal Medical Benevolent Fund
Tel: 0208 540 9194 Website: www.rmbf.org
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 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

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.bddq.org on line contact form or contact Andrew M. National Secretary at Email: aonghuis@outlook.com   Tel: 07904 570729

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

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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 Monday – Friday and 8am – 2pm Saturdays
Website: http://gphealth.nhs.uk/ Email: gp.health@nhs.net