

Responsible Officer and Appraisal Networks Information Sheet 20d

GP Career support

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

(v1.0, Sep 2018 – see also ROAN 4)

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.

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**.

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/>.

This information sheet is relevant primarily to NHS England responsible officers.

These information sheets are written on an ad hoc basis, on issues of relevance to responsible officers and their teams, medical appraisers and doctors.

The latest version of all ROAN Information Sheets is available online via our SharePoint site. Contact england.revalidation-pmo@nhs.net for access.