

Mental Health & Wellbeing

A survey of more than 1,000 GPs found that two in five (40%) said they were experiencing a mental health problem such as depression, anxiety, bipolar disorder or post-traumatic stress disorder.

At any stage of your career there are mental health and wellbeing support options available to you.

The GP Support Hub can link you with these services.

Some of the options available:

1. One to one coaching
2. Support groups or one to one sessions focussed on helping you back to work
3. Postnatal depression experts and group sessions
4. Free group sessions with a specialist mental health charity
5. NHS GP Health Service – confidential helpline for GPs

Get in touch today and let us know how we can support you.

GO
Support Hub



For more information or for support please contact us on...

Keep up to date with services and events via our website and social media



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