

Additional Resources

Coaching Offers

Depending on your area your LMC may have a local offer

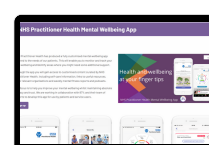
NHS Our People has an excellent free coaching for all primary care staff and leaders find out more: [Click here](#)

Project 5 provides confidential, free and independent support for wellbeing, to find out more: [Click here](#)

Your local leadership academy can provide coaching support and mentoring, you can find out more: [Click here](#)

Joyful Doctors can coach doctors confidentially at a cost, discounts may be available when signposted from Practitioner Health.

[Click here](#)



Wellbeing Apps

Practitioner Health's wellbeing app created with 87% Wellbeing is available to all our patients: [Click Here](#)

NHS England lists a range of apps that are available for free for NHS workers:

[Click here](#)



Other Wellbeing Directories

The BMA lists a variety of wellbeing resources on their website [here](#)

[Firstyou.org](#) has created a collection of wellbeing resources for healthcare workers

Additional Counselling Offers

MDDUS offers a confidential support service to its members in a single phone call. [MDDUS.com](#)

[The Medical Protection Service](#) offers counselling services to all its members experiencing stress, the MPS will help protect your career, reputation and wellbeing

[DocHealth](#) offers confidential psychotherapeutic counselling service to doctors, they are not a free service, but can provide financial assistance to doctors in financial difficulty.

[The BMA](#) offers a free and confidential counselling service to all doctors and medical students - **regardless of BMA membership**

[The RCN](#) offers counselling and trauma-focussed therapy to RCN members.

[The BDA](#) can provide counselling support to its members and in some cases their immediate family.

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