

# Support for GPs in Somerset

*Designed to be used by GP Appraisers in Somerset to help signpost sources of support*

**GP Career Plus** – A course of twelve 2-3 hour small group sessions over 6 months (currently on Zoom). Helping GPs find ways of decreasing stress and increasing fulfilment in their busy working lives. Topics such as ‘sources of stress’, ‘alternative career paths’, ‘assertiveness and negotiation’. Participants are paid £300 a session to attend, usually during working hours. Contact Thelma Gotsell on 07515 910580 or by email [Thelma.gotsell@nhs.net](mailto:Thelma.gotsell@nhs.net) for more information.

**Link up in Lockdown** – Join one of our new GP-Link evening peer support groups to debrief and share. Facilitated by the GP Career Plus team. Contact Thelma Gotsell on 07515 910580 or by email [Thelma.gotsell@nhs.net](mailto:Thelma.gotsell@nhs.net) for a flyer and more information.

**Somerset Safehouse** – <https://www.somersetsafehouse.co.uk/> provides a wealth of information about stress and burnout, professional relationships and more. You can also find a personal advocate/advisor online and **the service is completely anonymous**. You need a password to access some of the site and if you don't already have one, please contact Jill Hellens at the LMC - [jill.hellens@nhs.net](mailto:jill.hellens@nhs.net)

**Somerset LMC Pastoral Care** – Through <https://www.somersetlmc.co.uk/> or 01823 331428 you can access confidential 1:1 peer support over the phone or face to face. There is also the possibility of funded counselling or cross referral to other services.

**Somerset LMC Resilience Service** – Sometimes stresses arise for individuals within a GP Practice because of multiple issues within the organisation. Somerset LMC is often able to help assess and support change and development to improve functioning of the practice. Contact Jill Hellens, CEO of Somerset LMC or Dr Barry Moyse the Medical Director for an informal chat on 01823 331428.

**Peer Education/Social/Support Groups** – Somerset has many small groups of GPs meeting throughout the year usually to discuss educational topics and cases. Recently, ‘First Five’ groups were set up to provide support for GPs in the first five years of their career. Many groups are happy to have new or occasional members and SGPET carries information about many of them. <https://www.somersetgpeducationtrust.co.uk/home> or 01823 331428.

**Occupational Health** – <https://www.somersetlmc.co.uk/occupationalhealthservicesforgps>  
Please see this webpage for information on GP Occupational Health Services.

**Practitioner Health** – **If you're experiencing a personal crisis, are unable to cope and need support, text Shout to 85258** or go online at <https://www.practitionerhealth.nhs.uk/>

*Compiled by Dr Tim Taylor, January 2021. Contact [tim.taylor3@nhs.net](mailto:tim.taylor3@nhs.net) with suggestions/alterations.*