

BMA - Wellbeing resources

As we continue to face overwhelming pressures in general practice, we encourage practices to continue to focus on their own team's wellbeing and take time to meet to reflect on their wellbeing LMC Update Email 11 August 2023 and what they can do to protect it.

This will meet the requirements of the QOF targets in the GP contract to do your [quality improvement project on staff wellbeing](#). We have produced a [document](#), which includes some tangible recommendations and tools for improving workload and safe working.

A range of wellbeing and support services are available to doctors, from our 24/7 [counselling and peer support services](#), [NHS practitioner health service](#) and [Samaritans](#). The organisation [Doctors in Distress](#) also provides mental health support for health workers in the UK, providing confidential peer support group sessions. See our [poster with 10 tips to help maintain and support wellbeing](#). Please visit the BMA's [wellbeing support services page](#) for more information and resources.