

ANXIETY | STRESS | BULLYING | BEREAVEMENT | RELATIONSHIP ISSUES | ALCOHOL  
SUBSTANCE ABUSE | DEPRESSION | ISOLATION



There is always someone you can talk to...

## Wellbeing support services

COUNSELLING | PEER SUPPORT  
0330 123 1245

Our wellbeing support services are open **24/7** to all doctors and medical students. They're confidential and **FREE** of charge.

Call us and you will have the choice of speaking to a counsellor, or taking the details of a doctor who you can contact for peer support.



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0330 123 1245 | [bma.org.uk/yourwellbeing](https://bma.org.uk/yourwellbeing)



# Wellbeing support services

COUNSELLING | PEER SUPPORT  
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## Counselling

Our counselling service is open **24/7** and staffed by professional counsellors, all bound by strict codes of confidentiality. You can talk to them over the phone or by video.

The counsellors are there to help you deal with a variety of issues. By seeking constructive help you may identify ways of addressing the root causes of your concerns and develop strategies to reduce the impact of the consequences.

## Peer support

We also offer doctors and medical students the choice of speaking to another doctor. It's confidential peer support with an emotional focus.

Ask to speak to a doctor and you will be given the details of one of our team, who are experienced in supporting colleagues. You can arrange ongoing conversations at mutually convenient times.

Our doctors do not provide diagnoses or treatment, this is not an emergency service.

For further information about these services please call **020 7383 6739**, email **wellbeingsupport@bma.org.uk** or visit **bma.org.uk/yourwellbeing**

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