



East Kent
Training Hub
Securing the Workforce for the Future

SUPPORT SERVICES

Here to provide the help and support you need

NHS GP Health Service is a confidential service for GPs and GP trainees in England which is managed by PHP and provided by a network of psychiatrists and therapists across the country.
0300 0303 300

NHS Practitioner Health Programme is a confidential service for all doctors in London, and all trainees in KSS
0203 049 4505

Tea & Empathy is a Facebook group for health professionals to provide informal peer support.



[British Medical Association](#) (BMA)
Health and wellbeing resources



[DocHealth](#)
BMA supported Psychotherapeutic consultation service



[Royal College of Physicians](#) (RCP)
Reports, resources and toolkits for junior doctors



[Doctors' Support Network](#) (DSN)
Health and wellbeing resources



[Royal College of Psychiatrists](#) (RCPsych)
Support for trainees across each Deanery



[General Medical Council](#) (GMC)
offers emotional support for all doctors



[NHS Practitioner Health Programme](#) (PHP)
Self-referral service specialising in mental health support



[Support4Doctors](#) (RMBF)
Health and wellbeing resources



[Professional Support Unit](#) (PSU)
Short-term, solution focused interventions



Are you a DOCTOR and have concerns about your mental health?

BMA Wellbeing Support Service

This is the leading mental health emergency service for doctors. It is available to all doctors

0330 123 1245

Samaritans

*Providing an 'active listening' service open to all
Canterbury and District*

01227 457777

Ashford and Tenterden

01233 610000