

## APPENDIX 2

The following services can be accessed by any physician who is experiencing psychological distress

1. Your registered general practitioner
2. Your local occupational health service
3. Counselling and advice services for doctors.
  - a. In the UK, this is the BMA Counselling and Doctor Advisor Service:  
<http://bma.org.uk/practical-support-at-work/doctors-well-being>  
  
Tel: 0330 123 1245 (available 24 hrs, 7 days a week) for confidential, nationwide, non-stop advice and counselling for doctors and medical students
  - b. The BMA have a selection of online links to emotional support services for doctors, which can be found by following this link  
<http://www.bma.org.uk/support-at-work/doctors-well-being/websites-for-doctors-in-difficulty>
4. National mental health support services
  - a. In the UK, this is The Samaritans:  
<http://www.samaritans.org/> tel: 08457 90 90 90 (24 hrs, 7 days a week)