

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.



There is always someone you can talk to...
0330 123 1245 | bma.org.uk/yourwellbeing