

## GP Wellbeing

[BMA wellbeing support service](#) – Confidential 24/7 support service open to all doctors and medical students free of charge. Phone 0330 123 1245. Live chat and email are also available.

[RCGP Wellbeing Help](#) – Wellbeing resources available via the RCGP website.

[Doctor's Support Network](#) – Peer support for doctors and students with mental health concerns. Join for free.

[Lifeline](#) – Northern Ireland crisis response line for people experiencing distress or despair. Call 0808 808 8000.

[Take five steps to wellbeing](#) – five simple steps to help maintain and improve your wellbeing.

[Support the Workers](#) – training and support materials produced by a group of experts in disaster response, crisis psychology, high pressure decision-making and human performance and health under conditions of extreme stress.

Trust Occupational Health Services: -

- [Western Trust](#)
  - Call 028 7161 1407
  - Email: [occupational.health@westerntrust.hscni.net](mailto:occupational.health@westerntrust.hscni.net)
- [Northern Trust](#)
  - Telephone: 028 9442 4403
  - Email: [kevin.oconnor@northerntrust.hscni.net](mailto:kevin.oconnor@northerntrust.hscni.net)
- [Belfast Trust](#)
  - Telephone: 028 9504 0401
  - Email: [occupationalhealth@belfasttrust.hscni.net](mailto:occupationalhealth@belfasttrust.hscni.net)
- [Southern Trust](#)
  - Telephone: 028 3756 4800
  - Email: [Occupational.Health@southerntrust.hscni.net](mailto:Occupational.Health@southerntrust.hscni.net)
- [South Eastern Trust](#)
  - Telephone: 028 9056 1300
  - Email: [oh.secretary@setrust.hscni.net](mailto:oh.secretary@setrust.hscni.net)

### Childcare

Health Minister, Robin Swann has announced an approved Home Childcare scheme for keyworkers. More information is available via the [Department of Health website](#).