

"The NHS GP Health Service is a confidential NHS service for GPs and GP trainees in England.

The GP Health Service can help with issues relating to a mental health concern, including stress or depression, or an addiction problem, in particular where these might affect work.

The service is self-referral. It is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

Access the service by emailing us on gp.health@nhs.net or by calling 0300 0303 300. The service is available 8am – 8pm Monday – Friday and 8am – 2pm Saturday.

Please note the service is not for emergency or crisis issues. These should be directed to mainstream NHS.

Not a GP? Then telephone 020 3049 4505 or click here to email us (england.phpadmin@nhs.net) to enquire whether the Practitioner Health Programme can help you under one of their other NHS contracts. Further information is available on the website www.php.nhs.uk"