

WELLBEING SUPPORT FOR PHARMACY PROFESSIONALS

🍌 PHARMACY-SPECIFIC SUPPORT

<p>Pharmacist Support: 0808 168 2233 (Mon-Fri 9am-5pm) www.pharmacistsupport.org <i>Free confidential support for pharmacists - emotional, financial, addiction services</i></p>	<p>General Pharmaceutical Council: Registrant support www.pharmacyregulation.org <i>Support with fitness to practice and professional concerns</i></p>
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<p>Royal Pharmaceutical Society: Member services www.rpharms.com <i>Professional support, peer networks and wellbeing resources</i></p>	
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🌟 NHS STAFF WELLBEING OFFERS

<p>Check My Wellbeing Tool: Self-assessment checkwellbeing.leadershipacademy.nhs.uk <i>Personalised wellbeing recommendations based on your needs</i></p>	<p>NHS Staff Support Line: Available for all NHS staff www.england.nhs.uk/supporting-our-nhs-people <i>Range of wellbeing apps and support offers</i></p>
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<p>Unmind: Free mental health app Access via NHS email <i>Mental health training, tools and support for NHS staff</i></p>	
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🧠 GENERAL MENTAL HEALTH SUPPORT

<p>Mind: 0300 123 3393 (Mon-Fri 9am-6pm) www.mind.org.uk <i>Information and support for mental health problems</i></p>	<p>Depression Alliance: Online support www.depressionalliance.org <i>Support groups and resources</i></p>
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<p>Anxiety UK: 03444 775 774 www.anxietyuk.org.uk <i>Support for anxiety disorders</i></p>	<p>Hub of Hope: Mobile app hubofhope.co.uk <i>Find local mental health services near you</i></p>
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🏢 WORKPLACE & PROFESSIONAL SUPPORT

<p>ACAS Helpline: 0300 123 1100 www.acas.org.uk <i>Free workplace advice and support</i></p>	<p>Citizens Advice: 0800 144 8848 www.citizensadvice.org.uk <i>Free, confidential advice on employment and rights</i></p>
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<p>Occupational Health: Via your employer Contact HR department <i>Workplace health and wellbeing assessments</i></p>	<p>Join a union <i>Speak to your employer Staff Side union network for more information</i></p>
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🏠 NHS MENTAL HEALTH SERVICES

<p>Samaritans: 116 123 (24/7) www.samaritans.org <i>Confidential emotional support for anyone in distress</i></p>	<p>NHS Talking Therapies: Self-referral available www.nhs.uk/service-search/mental-health <i>Free talking therapies for anxiety, depression and stress</i></p>
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<p>NHS Practitioner Health: 0203 049 4505 www.practitionerhealth.nhs.uk <i>Confidential mental health service for healthcare professionals</i></p>	<p>NHS 111 Mental Health Option: Call 111 and select the mental health option <i>Urgent mental health support when you need it</i></p>
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