

The Association of Greater Manchester LMCs

08.08.2022

Dear GP Colleagues,

We were so very sorry to hear of the death of a GP colleague and Manchester Graduate, Dr Gail Milligan, who took her own life after the “unbearable pressure of her job finally got to her”. The workload and pressure faced by GPs and staff continues to rise to dangerous levels. Work should not become so excessive that it impacts negatively on your health and wellbeing and certainly should not push anybody to feel their only option is to end their own life to stop the misery.

We, as the Association of Greater Manchester Local Medical Committees, wish to reach out to all staff to remind you about what help is available:

Greater Manchester Resilience Hub - providing emotional support to all health and care workers, and their families, living or working in Greater Manchester.

<https://www.penninecare.nhs.uk/gmrh-covid>

Email: gm.help@nhs.net

Tel: 03330 095 071

NHSE Practitioner Health is a free, confidential NHS primary care mental health and addiction service with expertise in treating health & care professionals.

<https://www.practitionerhealth.nhs.uk/>

Email: prac.health@nhs.net

Tel: 0300 030 3300

Text: NHSPH to 85258

The BMA provide a confidential counselling service for ALL doctors and medical students:

<https://bma.healthassuredeap.co.uk/contact-us/>

Tel: 0330 123 1245 (24 hours a day, seven days a week)

The BMA also maintain a directory of further support resources:

<https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeing-support-services/counselling-and-peer-support-services>

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If you (or a colleague/friend/family member) are in crisis or feel unsafe or at risk to yourself or others, then you should contact **111/999**, your own GP or attend your nearest Emergency Department/A&E as soon as possible.

If you would like to speak to us confidentially then please contact your Local Medical Committee and we would be happy to listen, offer support and advice.

Kind regards



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