

# 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, 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. Relentless 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 - health and care staff wellbeing service

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

Email [gp.health@nhs.net](mailto:gp.health@nhs.net)

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

Text NHSPH to 85258

Phone 03000303300

Further support resources: <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeingsupport-services/sources-of-support-for-your-wellbeing>

There is also a 24 hours counselling and support line for all doctors/medical students regardless of membership status <https://www.bma.org.uk/advice-and-support/your-wellbeing/wellbeingsupport-services/counselling-and-peer-support-services>

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

Kind regards



Dr Amir Hannan, MBE, Chair – Association of GM LMCs

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