

SOUTH STAFFORDSHIRE SUPPORT SCHEME FOR GPs AND DENTISTS 2026

- A support scheme for GPs, GP trainees and dentists under stress, in distress, depressed, over anxious, not coping, drinking too much, or worried about themselves in any other way
- Confidential
- Direct access
- Involves helper GPs, psychotherapists, psychiatrists and counsellors
- Help and support with stress, distress, careers, substance abuse or general unhappiness

The Scheme is continuing for the foreseeable future hosted by South Staffordshire Local Medical Committee (LMC).

The Scheme is accessible to any GP (principal or non-principal), GP trainee or dentist working or living in South Staffordshire.

As well as psychotherapists, counsellors and GPs working in Staffordshire we have several psychiatrists, a careers counsellor, and helper GPs from outside South Staffordshire which means that people have an opportunity to seek help or support from further afield if they wish.

Please contact the Scheme if you need it. It's there for you if you need help.

Dr Manu Agrawal (Chairman, South Staffs LMC)
Dr Tilo Scheel (Secretary, South Staffs LMC)
Suite 2, Windsor House, Windsor Business Park, Trent Valley Road, Lichfield
WS13 6EU. Telephone: 01543 897272

How can you obtain help?

Ring any of the telephone numbers yourself, either speak to the counsellor/psychiatrist/helping GP directly or leave a message or contact number to be phoned back. If asked, say you want to talk about 'The South Staffordshire Support Scheme'.

Is it confidential* and independent?

Yes. All using the service may remain anonymous. No central records will be kept. Practitioners have direct access to the helper GPs, psychiatrists, and counsellors.

* In line with the GMC and BMA's current code of ethical responsibilities for doctors.

How much will it cost to use?

The first five consultations with a psychiatrist, counsellor or helping GP will be free. After that, users will pay for themselves in a private capacity, or arrange an NHS referral.

CONTACT DETAILS OF COUNSELLORS, PSYCHIATRISTS AND GPs

Counsellors

North Staffordshire Relate

Relate offers confidential one-to-one counselling for relationship problems at its headquarters in the Dudson Centre, Hope Street, Hanley. Participants can attend with partners or alone and should mention the South Staffordshire Support Scheme for GPs and Dentists when making an appointment.

Tel: 0300 003 2368

Maggie Peet

Maggie worked in Primary Care for over 20 years, initially as a practice nurse and as a practice counsellor from 1994 onwards. She has maintained a private practice since 1996. Over and above her professional experience, she has gained an understanding of the synthesis of the medical, psychological and social models, as well as psychological processes inherent in organisations. She has extensive experience of offering time limited counselling to a wide variety of clients, both within the Primary Care setting and in private practice. Maggie is a senior accredited member of BACP (British Association of Counselling and Psychotherapy).

Mob: 07854 742027

E-mail: peetml@hotmail.co.uk

Postcode: ST10 4AZ

Mentoring and Coaching

Dr Donna Turfrey

Donna works as a local GP in Lichfield and is also a GP appraiser and trainer. In 2015-2016 she undertook the training to become a mentor for the deanery to support training doctors in difficulty. Over the past year she has done further mentor training and has helped set up the GP-S scheme in Staffordshire offering free peer mentoring to GPs locally, of which she is one of the mentor leads. She is passionate about peer support and mentoring.

Mob: 07796 178739

Email: donna.turfrey@nhs.net

Helper GPs

The GPs below have agreed to be available to GP colleagues and dentists who wish to consult them. They expect to be able to offer one, two or three meetings and to either resolve the problem or refer on to a counsellor, psychotherapist or the user's GP.

Please contact them directly at their surgery numbers and either speak to them or leave a telephone number to be contacted on (e.g. your home or surgery number). If you mention 'The South Staffordshire Support Scheme' they will know that your enquiry is personal.

Phil Needham

Burton

01283 565200

ORGANISATIONS PROVIDING SUPPORT SERVICES FOR DOCTORS

BMA Wellbeing Support Services

Provides confidential counselling and peer support for doctors and medical students. GMC investigation support. Psychotherapy for GPs. Sources of support for your wellbeing.

Tel: 0330 123 1245

Website: www.bma.org.uk/advice-and-support/your-wellbeing#wellbeing-support-services

British International Doctors Association

Where cultural or linguistic problems may be a contributing factor, doctors can access the health counselling panel.

Tel: 0161 456 7828

Email: bida@btconnect.com

Doctors Support Network (independent registered charity)

Self-help group for doctors with any form of mental health concern. Also seeks to reduce the isolation and stigma associated with mental ill health. Provides an email support forum, local support meetings and newsletter and runs the Doctors' Support Line, a confidential and anonymous peer support telephone line.

Tel: 0844 395 3010

Website: www.dsn.org.uk

Email: secretary@dsn.org.uk

NHS Practitioner Health

Practitioner Health is a free, confidential NHS service for doctors and dentists across England with mental illness and addiction problems, who are working or looking to return to clinical practice. The service can help with issues relating to a mental health concern, including stress or depression or an additional problem, in particular where these might affect work. The service is provided by health professionals specialising in mental health support to doctors and is available in various locations across England.

The NHS Practitioner Health Service is a health service for doctors and dentists who have mental health, addiction or physical health problems that affect their ability to work.

Tel: 0300 0303 300 (Monday - Friday 8 am – 8 pm, Sat 8 am – 2 pm)

Website: www.practitionerhealth.nhs.uk

Email: prac.health@nhs.net

Royal Medical Benevolent Fund

This is a charity which can provide financial help for sick doctors who are unable to work. Also signposts a range of other organisations that can help.

Tel: 0208 540 9194

Website: www.rmbf.org

Sick Doctors Trust

A 24-hour helpline manned entirely by doctors. Independent charity, established 11 years ago. Completely confidential service providing advice, support and advocacy to doctors who believe they may have a problem with alcohol and/or drugs. Calls are welcomed from families, colleagues, employing organisations and others.

Tel: 0370 444 5163

Website: www.sick-doctors-trust.co.uk

Staffordshire Training Hub

Primary Care Staff Wellbeing Toolkit. Support, resources and guidance for Primary Care staff across Staffordshire and Stoke on Trent.

Website: [Wellbeing Corner - Staffordshire Training Hub](#)