

WELLBEING & WORKPLACE DIGNITY | PRACTICAL WORKBOOK

UK Doctors' Support Directory

A dated four-nation starting point for urgent, clinical, peer, equality, employment and speaking-up support.

What this resource contains

- Private reflective prompts
- Writing space for a focused plan
- Confidentiality and source safeguards

IMPORTANT

Independent general guidance. It does not replace clinical, employment, regulatory, immigration or legal advice. Do not include patient-identifiable or unnecessary colleague-identifiable information in worksheets.

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**BEFORE YOU
WRITE**

Use a trusted device or paper copy. Do not include patient identifiers, unnecessary colleague identifiers or confidential records. This workbook is not sent to SAS Doctors Review.

Urgent and UK-wide

Complete only the prompts relevant to your situation. Use factual, proportionate language.

Emergency services - 999

Samaritans - 116 123

BMA counselling and peer support - 0330 123 1245

Check current NHS urgent mental-health access in your nation

England

Complete only the prompts relevant to your situation. Use factual, proportionate language.

NHS Practitioner Health

Freedom to Speak Up

Acas and Equality Advisory and Support Service

Local occupational health and employee assistance

Wales

Complete only the prompts relevant to your situation. Use factual, proportionate language.

Canopi

Speaking up Safely

Acas and Equality Advisory and Support Service

Local occupational health and health-board services

Scotland

Complete only the prompts relevant to your situation. Use factual, proportionate language.

Workforce Specialist Service

Independent National Whistleblowing Officer

Acas and Equality Advisory and Support Service

Local NHS board wellbeing services

Northern Ireland

Complete only the prompts relevant to your situation. Use factual, proportionate language.

HSC Regional Workforce Wellbeing Network

HSC raising-concerns routes

Equality Commission for Northern Ireland

Labour Relations Agency and local Trust support

Action summary

What must happen today?

Who will I contact and for what purpose?

What will be reviewed, by whom and when?

KEEP THE ROUTES SEPARATE	Treatment, employment representation, patient-safety escalation and advocacy serve different purposes. Use each where it is needed.
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Sources and disclaimer

Use the current provider, national framework and local employer policy before a significant decision. Legal time limits may continue during internal procedures.

Core sources: GMC Good medical practice 2024; Acas workplace guidance; HSE Management Standards; national NHS speaking-up frameworks; current service provider pages.

**INDEPENDENT
GUIDANCE**

This workbook does not assess risk, diagnose illness, determine bullying or discrimination, calculate legal deadlines or replace individual advice.