[NHS Highland Occupational Health](https://www.nhshighland.scot.nhs.uk/Services/Pages/OccupationalHealth.aspx)

Occupational Health referral will give an opportunity to talk through any health issue confidentially and impartially with an Occupational Health professional, who understands the complex relationship between health and work. Advice can be given on work fitness, guidance on possible changes to working arrangements of help and explore personal, psychological and medical approaches of support. Onward referral to Occupational Health psychological therapists for 1:1 CBT or trauma focussed treatment might be considered depending on the nature of the problem.

* Self Referrals to Occupational Health can be made online for those with access to the intranet: <http://nhshrmaps02.nhsh.scot.nhs.uk/ohsreferrals/selfref.aspx>
* For those without access to the intranet, they can call the department on 01463 704499 to arrange.

[Highland Local Medical Committee](https://www.highlandlmc.org.uk/)

* [LMC GP Welfare](https://www.highlandlmc.org.uk/page1.aspx?p=16) – local services available via Highland LMC including confidential counselling service

[National Wellbeing Hub](https://wellbeinghub.scot/)

* [The Workforce Specialist Service](https://wellbeinghub.scot/the-workforce-specialist-service-wss/) – part of the Wellbeing Hub
* [NHS Practitioner Health](https://www.practitionerhealth.nhs.uk/accessing-the-service-in-scotland) – independent, confidential mental health service

[British Doctors and Dentists Group](http://www.bddg.org/)

* Mutual / self-help group of doctors and dentists from all levels of our professions who are recovering from, or wish to recover from addiction to alcohol, drugs or other behavioural addictions.

[Doctors Support Network](https://www.dsn.org.uk/)

* Peer support for Doctors and Medical Students with mental health concerns

[Royal College of Practitioners](https://www.rcgp.org.uk/)

* [Wellbeing support](https://www.rcgp.org.uk/training-exams/practice/gp-wellbeing.aspx) - online wellbeing resources
* [RCGP Scotland  North Scotland Faculty](https://www.rcgp.org.uk/rcgp-near-you/faculties/scotland-region/north-scotland-faculty.aspx) – contact details and information on our local faculty

[BMA](https://www.bma.org.uk/)

* [BMA Wellbeing](https://www.bma.org.uk/advice-and-support/your-wellbeing) – Emergency contact line and additional resources from the BMA