

Wellbeing for GPs



Beds & Herts LMC Ltd Pastoral Care Service for GPs

One of the most important roles of the LMC is to provide one to one confidential support to GPs. This can be for a whole range of difficulties professional or personal, such as workload or relationship pressures in work, domestic or family matters, physical or mental health issues. Crucially, we are here to support you or your colleagues.

We have a fully vetted, suitably qualified and robust pastoral care team of experienced GPs happy to help. They will provide confidential advice, initially through a telephone call, to see you through your difficulty. Where and when appropriate, they will also signpost you to other services, guidance and support.

If you believe that either you or a colleague might need help or support – whatever the problem – please contact the LMC office immediately. Your contact will be strictly confidential and referred immediately to our Pastoral Care Lead.



01438 880010

You can also contact us via:

Email: lmcadmin@bhlmc.co.uk

Website: www.bedshertslmcs.org.uk/contact_us

For more information and wellbeing resources, please visit our [webpage](#)

