












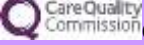














Confidential Resource List

Resource type/ Description	Availability	Contact Details
SUICIDE PREVENTION		
 Samaritans Emergency helpline- for everyone	FREE 24/7	116123
 Calm Men's support group	FREE 5PM-Midnight, 365 days a year	0800 585858
 Papyrus Prevention of young suicide.	FREE Mon-Fri 9:00 am to 10:00 pm Weekends 2:00 pm to 10:00 pm Bank Holidays 2:00 pm to 10:00 pm	CALL: 0800 068 41 41 TEXT: 07860 039967 EMAIL: pat@papyrus-uk.org
 Maytree Support for despair and isolation	FREE 10am -6pm everyday	0207 2637070
 Survivors of bereavement by suicide. (SOBS) Support to friend/relative of suicide	FREE 9am – 9pm Monday to Friday	03001115065
HEALTH/MENTAL HEALTH		
 Mind Support for those suffering from mental health problems.	FREE Mon-Fri, 9am- 6pm)	0300 123 3393
 Sane Resources and information on mental health.	FREE	0845 767 8000
 SHOUT for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.	FREE 24/7 text service, free on all major mobile	Text: 85258 https://www.giveusashout.org/
 Rethink Mental Illness Support and advice for people living with mental illness.	FREE (9.30am - 4pm Monday to Friday)	0300 5000 927 Email: advice@rethink.org http://www.rethink.org/about-us/our-mental-health-advice
 The Dentists' Health Support Programme Services to help transform the lives of people affected by drug and alcohol problems.	FREE	0207 224 4671 email dentistsprogramme@gmail.com https://www.dentistshealthsupporttrust.org/
 Health for Health Professionals Wales Providing support for Health Professionals and Healthcare Students across Wales	Calls from Landline are FREE 9am-5pm	0800 058 2738 https://www.hhpwales.co.uk/





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Legal		
 NASDAL National Association of Specialist Dental Accountants and Lawyers	FREE INITIAL CONSULT	https://www.nasdal.org.uk/
Indemnity		
MPS medicolegal queries	Available 24 hours a day in an emergency for members ONLY	Freephone: 0800 561 9090 Local: 0113 241 0200
MDDUS medicolegal queries	Available 24 hours a day in an emergency for members ONLY	0333 043 4444
MDU medicolegal queries	Available 24 hours a day in an emergency for members ONLY	0800 716 646
Counselling & Mentors		
 Dental Mentors UK	FREE INITIAL CONSULT	+44 (0)7500 017845 or +44 (0)781 4830080 info@dentalmentorsuk.com https://www.dentalmentorsuk.com/
Regulations		
 CQC General enquiries and Reporting concerns line	FREE	03000616161
 HIW (wales)	FREE	0300 062 8163 https://hiw.org.uk/
CPI (Scotland) and HIS	FREE	https://www.scottishdental.org/professionals/126-2/
 iComply (CODE) System of governance and compliance, Assistance with CQC issues	MEMBERS ONLY	01409254416 https://icomply.cc/product-features/full-support/
EMPLOYMENT		
 ACAS There are also several organisations that provide advice and support for anyone experiencing stress or mental health issues, Holiday, Sickness and Leave (Including Maternity , paternity and adoption leave and pay)	FREE Open Monday to Friday, 8am to 6pm.	0300 123 1100
 Health and Safety Executive (HSE) Resources for work-related stress including step-by-step guidance to help organisations assess the risks of stress and identify solutions for managers to implement and managing the causes of work-related stress: A step-by-step approach using the Management Standards	FREE	0300 003 1747

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<h3 style="color: #00AEEF;">General Dental Practice Committee</h3> <p>The General Dental Practice Committee (GDPC) represents all general dental practitioners in the UK. The GDPC is the official representative body for GDPs - it negotiates with government and other stakeholders on behalf of dentists working in general practice across the UK and is recognised by Government, as the official representative body in negotiations and consultations.</p>	<p>FREE</p>	<p>tom.king@bda.org Tel 020 7563 4579</p>
<p>ADDICTIONS</p>		
 <p>Previously named Addaction, changed name to We Are With You Services to help transform the lives of people affected by drug and alcohol problems.</p>	<p>FREE</p>	<p>020 7251 5860</p>
 <p>Alcoholics anonymous Support for individuals recovering from alcoholism.</p>	<p>FREE</p>	<p>0800 9177 650</p>
<p>British Doctors and Dentists Group (BDDG) Support to doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.</p>	<p>FREE</p>	<p>07792 819 966 To find your nearest group & establish contact, email jpsecbddg@gmx.co.uk</p>
 <p>Cocaine Anonymous Services to help transform the lives of people affected by drug and alcohol problems.</p>	<p>FREE</p>	<p>0300 111 2285</p>
 <p>Narcotics Anonymous Support for individuals recovering from alcoholism.</p>	<p>FREE</p>	<p>0300 999 1212</p>
 <p>NHS Practitioner Health Programme (PHP) Support to doctors and dentists who are recovering, or wish to recover, from addiction to or dependency on alcohol or other drugs.</p>	<p>FREE (Monday – Friday 8am–8pm, Sat 8–2pm)</p>	<p>0300 0303 300 https://www.practitionerhealth.nhs.uk/accessing-the-service-for-doctors-and-d</p>
 <p>The Dentists' Health Support Programme Services to help transform the lives of people affected by drug and alcohol problems.</p>	<p>FREE</p>	<p>0207 224 4671 email dentistsprogramme@gmail.com Website www.dentistshealthsupporttrust.org</p>
 <p>GamCare Support for individuals recovering from alcoholism.</p>	<p>FREE 24/7</p>	<p>Call us now Speak to an Adviser for free: call 0808 8020 133 https://www.gamcare.org.uk/</p>
<p>Relationship</p>		
 <p>Relate Relationship support and advice for all people</p>	<p>FREE</p>	<p>0300 100 1234 https://www.relate.org.uk/</p>
<p>Abuse</p>		
<p>Domestic Violence Assist Specialises in assistance to obtain emergency injunctions from</p>	<p>FREE</p>	<p>0800 195 8699 https://www.dvassist.org.uk/</p>

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being further abused.		
National Centre for Domestic Violence Specialises in assistance to get emergency injunctions from being further abused.		0800 970 2070 Text:- NCDV to 60777 https://www.ncdv.org.uk/
Women's Aid Domestic Violence Helpline Free 24-hour national helpline run by Women's Aid and Refuge.	FREE	0808 2000 247
Hourglass The Hourglass confidential helpline provides information and support to anyone concerned about harm, abuse or exploitation of an older person.	FREE	0808 808 8141 https://www.wearehourglass.org/
Men's Advice Line Confidential helpline for male victims of domestic abuse.	FREE	0808 801 0327 https://mensadvice.org.uk/
National LGBT Domestic Abuse Helpline Emotional and practical support for LGBT+ people.	Monday to Friday 10:00am - 5:00pm Wednesday to Thursday 10:00am - 8:00pm	0800 999 5428
National Stalking Helpline Guidance on the law, how to report stalking, gathering evidence, staying safe and reducing the risk.		0808 802 0300 https://www.suzylamplugh.org/
Victim Support Free and confidential help to victims of crime, witnesses, their family and friends.	FREE	0808 1689 111 https://www.victimsupport.org.uk/
PROFESIONAL		
 British Dental Association BDA	Some Services for MEMBERS ONLY	02075634550 https://bda.org/
 THE BDA BENEVOLENT FUND The charity supporting all undergraduate dental students, dentists and their dependents, living in the UK who are in financial need	Available to all undergraduate dental students, dentists and their dependents	020 7486 4994 Office hours: Monday – Friday 9.30am – 5.30pm https://www.bdabenevolentfund.org.uk/
 Deciduous - The Young Dental Forum:- A group created for novice dentists, dental therapists & hygienists to ask, learn & understand from each other	 facebook JOIN GROUP ON FACEBOOK	https://www.facebook.com/groups/1432306490280617