

RESOURCES

[NHS Practitioner Health Resources](#)

[BMA Support Services](#)

[Mind Charity 'Urgent Help' Tool](#)

[NHS Staff Support Line](#)

[4 Mental Health](#)

[NHS SmokeFree](#)

[NHS Alcohol Support](#)

[NHS Drug Addiction Support](#)

[Global Mental Health Resources](#)

[Exercise Snacking.](#)

[Free Wellbeing Apps for NHS](#)

[NHS Staff Offers](#)

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Please be advised that all materials in this course including all video content and supplementary materials are for informational only and not to be constituted as or substituted for medical advice.

Please seek medical help from your usual health professional if you feel unwell.

If you are a clinician, please note that all materials in this course including all video content and supplementary materials are for informational only and not to be constituted or substituted for your own clinical judgement.