



GIG
CYMRU
NHS
WALES

Addysg a Gwella Iechyd
Cymru (AaGIC)
Health Education and
Improvement Wales (HEIW)

All Wales Medical Appraisal and Wellbeing ToolKit



Scan QR code above to access NHS
Wales resources or visit
<https://heiw.nhs.wales/support/colleague-health-and-wellbeing/wellbeing-sites/>

National Resources

◆ Samaritans

☎ 24/7 Helpline: 116 123

📱 Self-Help App Available

◆ Mind

💬 Support for mental health challenges

☎ 0300 123 3393
9am-6pm Mon-Fri

🔗 Visit Mind

◆ British Medical Association (BMA)

🧠 Counselling & Peer Support - available 24/7

No BMA membership required

🔗 Visit BMA Support

◆ Canopi

📞 Mental Health Support across Wales
Provided by HHP

🔗 Access Canopi

◆ Doctors' Support Network (DSN)

🤝 Peer support for doctors and medical students

🔗 Visit DSN

◆ Headspace for Work

🧘 Mindfulness & Meditation Tools

🔗 Join Headspace

◆ Thrive

📱 Mental Wellbeing App

Build resilience against stress, anxiety, and depression

🔗 Visit Thrive

RSU Resources

Revalidation in Wales website

Provides useful information and resources on the appraisal and revalidation process in Wales

[!\[\]\(4729e517bc6a7cd81c8025b9646574fb_img.jpg\) visit website](#)

Introduction to Coaching in Medical Appraisal

Designed for the professional development of Appraisers. These skills may also support wellbeing discussions in appraisal

[Enrol onto course](#)

(Create account on Y Ty Dysgu and select the Medical/GP Appraiser role to access this resource)

Wales Appraisal Exceptions Management Pathways and Guidance

Useful information for Appraisers in relation to managing exceptions within the appraisal process.

[!\[\]\(870f5d5e9c0d57485634be3ecf52f3ca_img.jpg\) Wales Appraisal Exceptions Management Pathways](#)

[!\[\]\(4fe57c3593bf1b21d272ae7ac8dfaf77_img.jpg\) Wales Appraisal Exceptions Pathway - GP Operational Procedures](#)

[!\[\]\(0d5ec72f61334709c3fc9450209b754f_img.jpg\) Wales Appraisal Management Exceptions Guidance](#)