

Pharmacist Support resources:

Please find below and a recent collection of Pharmacist Support resources, including details of how to access the Pharmacist Support Listening Friends Service.

How to have sensitive conversations: talking about mental health – [Leaflet](#)

Listen to the podcast - [Gut feeling – a conversation about nutrition and mental wellbeing.](#)

Embracing a Workplace Wellbeing Culture course details

Designed for pharmacy managers, supervisors and leaders, this online six-module course covers key topics such as understanding mental health and wellbeing, the role of the manager in creating a positive workplace culture and practical tools to support team wellbeing. If you're ready to take action for mental health, get in touch to see how our Embracing a Workplace Wellbeing Culture course can support your training needs.

Find out more - [Embracing a Workplace Wellbeing Culture - Pharmacist Support](#)

Pharmacist Support Listening Friends service

This service allows pharmacists to speak in confidence and anonymously to one of Pharmacist Support's trained volunteer pharmacists – a Listening Friend. It can be helpful to discuss any issues with people who understand the context of the pharmacy experience.

Listening Friends are all pharmacists or retired pharmacists, they do not provide advice but are trained to listen with empathy and will offer you a listening ear and a safe, non-judgemental space to talk through your concerns to help you find clarity and perspective.

They can also signpost you to other organisations who can provide further specialised help and support via [the Pharmacist Support website](#) or [Information and Enquiries Team](#).

Listening Friends' support is intended to be over a short term. If you feel you need longer-term help or help for more complex issues to do with your mental health, please have a look at Pharmacist Support's [counselling service](#).

To request a Listening Friend, please visit Pharmacist Support's [Listening Friends webpage](#) and complete the form towards the bottom of the page. A member of their team will get in touch shortly.