



Pharmacist Support

Here for you throughout your
whole pharmacy journey.

Pharmacist information pack

Our work with Community Pharmacy England

Introduction from
Janet Morrison, CEO
at Community
Pharmacy England



“At Community Pharmacy England, the mental health and wellbeing of pharmacy owners is a priority close to our hearts.

Our annual Pharmacy Pressures Survey and regular polling highlight the scale of the challenges pharmacy owners face across the sector. Staffing pressures remain chronic and morale is at breaking point. Wellbeing consistently ranks as one of the biggest concerns at work, alongside operational and financial pressures. Many pharmacy owners work under extreme pressure. Across the sector, they are exhausted, feel undervalued, and uncertain about the future of their pharmacies. Issues such as patient abuse, medicine supply shortages and financial pressures take both a professional and personal toll.

That is why we are working with Pharmacist Support in 2026.

Together, we will provide workshops, webinars and other resources to support the mental health and wellbeing of pharmacy owners across the sector.”

cpe.org.uk

A close-up photograph of a woman with dark, curly hair and glasses, smiling warmly. She is wearing a blue top and a necklace with a heart pendant. The background is a soft, out-of-focus grey.

**You're not alone - the
charity is here to help!**

“I have been fortunate to be able to access counselling through Pharmacist Support. Following a tough year with my mental health, I am feeling hopeful for my future in the pharmacy profession.”

- Pharmacist Support service user

Whilst we hope everyone has a rewarding and enjoyable career in pharmacy, there may be times when you could use a little guidance, information and support, or merely a listening ear. That’s where we come in!

Pharmacist Support is an **independent, trusted charity**. We provide a wide variety of **free and confidential support services** to pharmacists and their families, former pharmacists, registered trainees/foundation pharmacists and students on a pharmacy degree in Great Britain.

We listen, without judgement, and encourage and empower people to create positive change. Our vision is for no one in our pharmacy family to face challenging times without us by their side.

Our services.

We understand that events such as an illness, bereavement, or pressures and issues at work can have significant consequences. Our charitable support exists to help alleviate and manage any stresses or challenges you may be facing. We encourage you to seek help as soon as possible. This could be via our free and confidential services outlined below or through other support organisations and charities.



Information & Enquiries

On our website you will find a whole host of information and resources covering a range of topics, including mental health and wellbeing, physical health, family and personal life, finances and work life. In each section you will find guidance, resources and tips that delve into topics such as managing stress, anxiety and sleep, coping with bereavement and bullying right through to career options and building positive workplace relationships.

[Access information and support](#)



Specialist Advice

We offer advice in employment law for help with employee issues. We also offer debt and benefits advice to help with any debt you may be struggling to manage or with access to benefits you may be entitled to claim.

[Access Specialist Advice](#)



Counselling and Peer Support

Our Listening Friends service provides you the opportunity to speak over the phone to a pharmacist in confidence who understands the pressures of the profession and can provide a listening ear for any work-related worries you may be facing.

We also offer funded counselling sessions to those who are experiencing mental health issues such as anxiety and depression, a change in family circumstances, bereavement, and other psychological issues.

Access Counselling & Peer Support



Financial Assistance

Pharmacists experiencing financial difficulty, for example with a one-off cost linked to an unexpected bill or minor household repair or who are struggling on a reduced income, can apply for financial support.

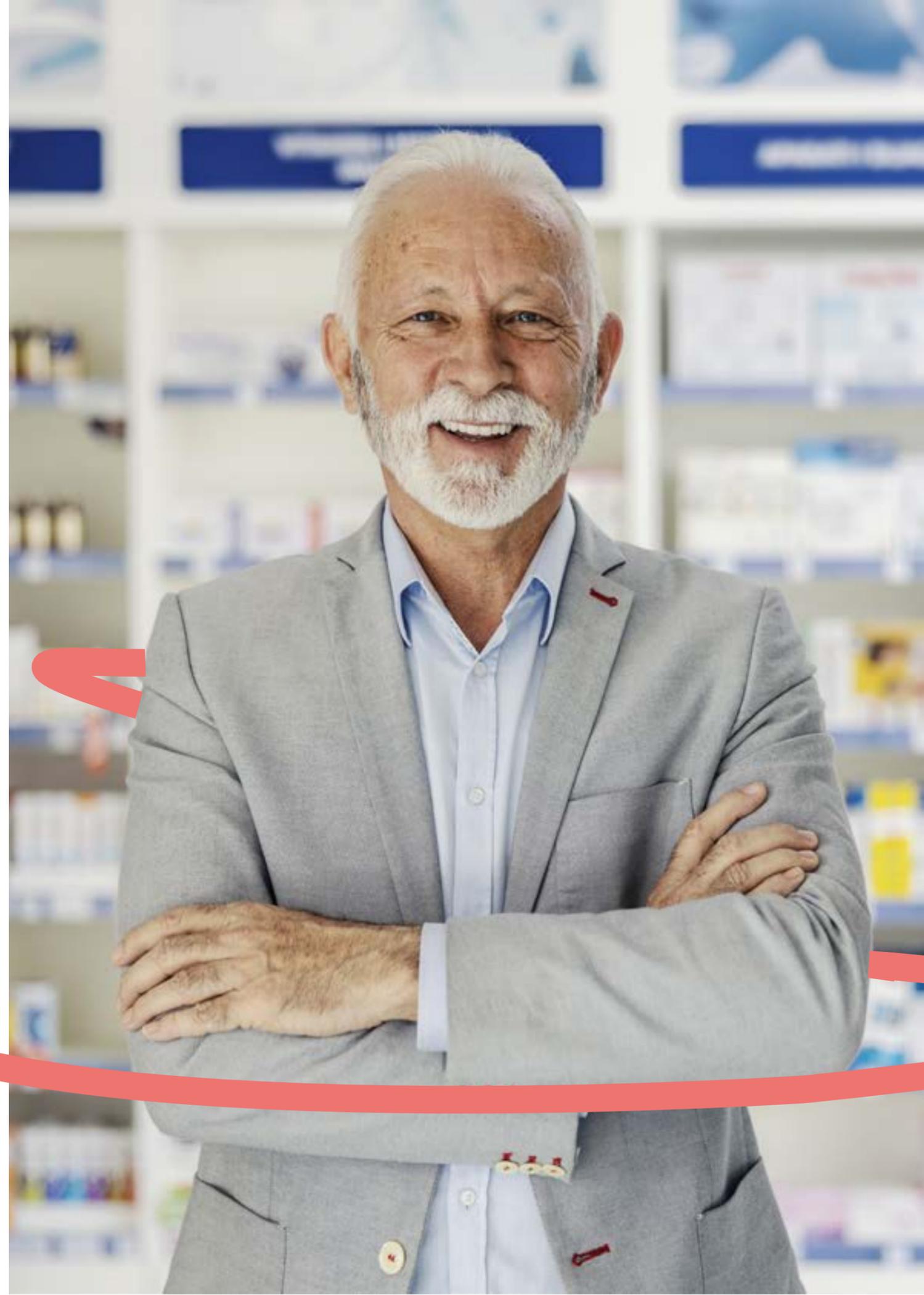
Access Financial Assistance



Addiction Support

We provide addiction support to individuals experiencing problems with alcohol, drugs, gambling, eating disorders or other types of dependency. This service provides access to fully qualified addiction specialists, and we can facilitate and support access to residential treatment.

Access Addiction Support





Wardley Wellbeing Service

The Wardley Wellbeing service provides evidence-based, practical information and guidance dedicated to you and your wellbeing needs.

On our website you'll find a range of free resources including [videos](#), [workshops](#) and printable posters on topics such as managing stress, anxiety and sleep, connecting with others, understanding your worries and having difficult conversations around mental health.

We provide tips and tools to develop skills such as assertiveness, resilience and time management.

[Access wellbeing support](#)



“We all need to be reminded to make our wellbeing a priority and it is often the first thing to go when we get overloaded with work.”

- Pharmacist ACTNow campaign participant

Championing your wellbeing.

As healthcare professionals, you'll spend much of your lives focusing on others. Our mission is to champion the wellbeing of our pharmacy family. We are here to focus on *you*.

ACTNow Wellbeing Campaign

In 2020 the charity launched our first major wellbeing campaign. Now a key feature of our annual activities, ACTNow focuses on raising awareness of the importance of mental health and encourages those across our pharmacy family to prioritise their wellbeing. Through the campaign we encourage students, trainees and pharmacists alike to **A**llow time for wellbeing, to **C**onsider the needs of others and to **T**ake action.

[Find out more about ACTNow](#)

Our pharmacist-focused campaign centres around managing wellbeing in the workplace and in previous years has delved deeper into the science behind wellbeing and why it works. To make sure you hear about our latest campaigns, we encourage you to sign up to our newsletter and keep an eye on our social media feeds.

[Sign up to our newsletter](#)



“It is an amazing opportunity to work with others, meet new people and develop essential skills e.g. communication, teamwork, problem-solving etc. Additionally, it is invaluable to gain an insight into what the charity does and how it may be of help to other individuals.” - Pharmacist Support Ambassador

Get involved.

Giving just a few hours of your time each week or month can really make a difference to your wellbeing, particularly if it's focused on something you love doing. It's also a great way to get a much-needed break away from work, meet new people, develop new skills and boost your CV. Here are some ways you can get involved with and support our work:

Becoming a Listening Friends volunteer

Our peer support scheme is staffed by trained volunteers who, as pharmacists (or former pharmacists) themselves, understand the pressures of the profession. Listening Friends don't provide advice, but are there to help the caller talk through their concerns and find clarity in their situation.

By joining our ambassador network

We are keen to connect with pharmacists across Great Britain who would like to help us raise awareness of the charity and raise valuable funds to support our work. Ambassadors support us by attending events with us or on our behalf, sharing charity news and updates on social media and with their pharmacy networks and by organising fundraising events/activities.

We really couldn't do what we do without the commitment and enthusiasm of our volunteers. Interested in hearing more?

[Find out more about volunteer opportunities](#)



Mohammed Hussain joined TEAMGreen by running the London Marathon in 2021.

“With the current stress levels with the changing environment of pharmacy, I think that having a charity just for the pharmacy workforce is very important.” - 2019 Market Research respondent

Support our work.

We will always be here to support our pharmacy family, whenever they need us. But we can't do it without you. As an independent charity, we rely on donations and the generosity of individuals and organisations in order to continue our work.

Join TEAMGreen

Many people choose to support us and our mission by fundraising. TEAMGreen is our fundraising campaign that runs all year long – so you can fundraise for us at a time that suits you. If you're feeling inspired and want to raise funds to support your fellow colleagues in their time of need, you can find lots of information and support resources on our website to complete an individual fundraising challenge or organise a fundraising event at your place of work.

[Find out more about fundraising](#)

Other ways to support our work

As well as fundraising, you can help us to raise valuable funds through: a one off or regular donation via [our site](#), a text donation or when [purchasing items online](#) through platforms such as Amazon Smile or Give as You live. Your donations will ensure that we're able to continue supporting colleagues and friends in the profession facing difficult times. Thank you.

[Donate to the charity](#)

“My experience with Pharmacist Support has been lifesaving and life changing. I have a young family who are as grateful as I am for the help that I have been afforded by the charity throughout the difficulties that I am finally able to face.”

- Addiction Support and Financial Assistance beneficiary

Read the full case study [here](#).

We hope that you have an enjoyable and rewarding career. However, if at any point you or one of your colleagues find yourselves in need of some support, or even just a listening ear, please remember that there is a charity here to help.

How to contact us

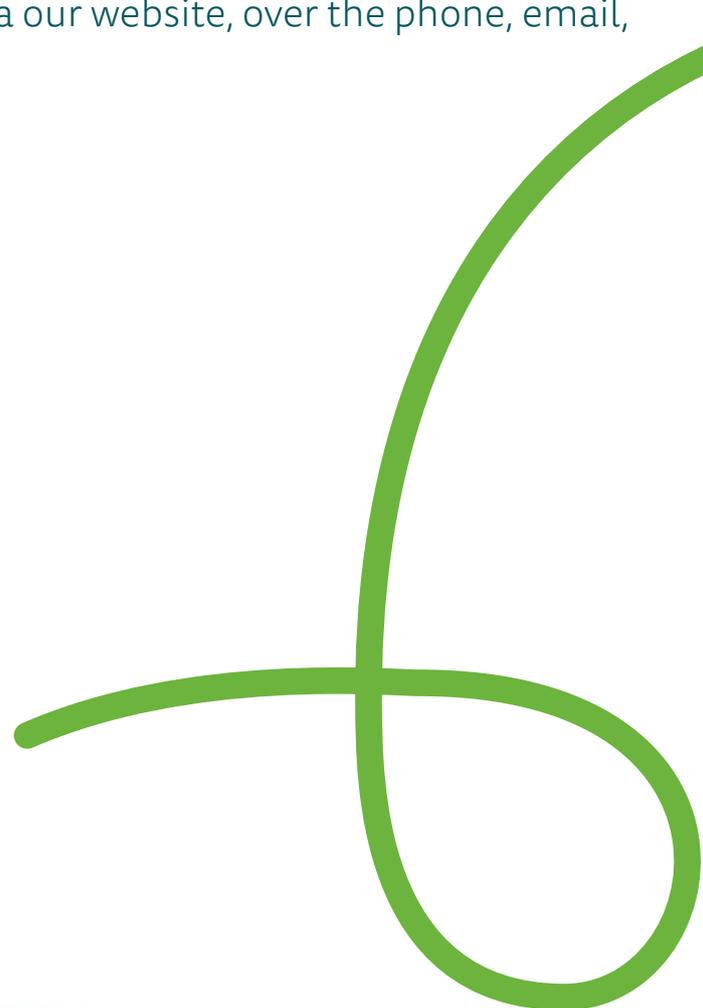
As an independent charity you can contact us for support and expect to be treated fairly and without judgement in a compassionate and empathetic way. You can rest assured that any information shared with our knowledgeable team will remain confidential. Reach us online via our website, over the phone, email, or even on social media:

Visit: pharmacistsupport.org

Email: info@pharmacistsupport.org

Call: 0808 168 2233

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Pharmacist Support is a charitable company limited by guarantee registered in England and Wales with company number 9237609 and charity number 1158974.

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