

To all NHS Highland GP's and their families

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The GP for GPs Service

The NHS Highland GPs for GPs scheme, which has been running since 2003 provides a **confidential** service to General Practitioners and their families at times of stress or illness, when they have difficulty going to their own GP. In the past it has supported Highland GP's with problems such as stress, depression, inability to cope, marital problems, bereavement as well as gynae and other medical problems.

Dr Jane Munro and Dr Donald MacVicar have been providing the GP 4 GPs service for several years, and are very experienced Highland GP's.

Dr Jane Munro can be contacted on
[**jmunro5@nhs.net**](mailto:jmunro5@nhs.net)

'I have been a GP in Fort William for over 20 years and have been a GP trainer and appraiser in the past. I work 7 sessions in General Practice and also do some OOHs work. I am particularly involved with women's health problems, educational supervisor for FY2s and our practice addictions clinic. Outside work, I enjoy time with the family, as well as walking, cycling, ski-ing and gardening.'



Dr Donald MacVicar can be contacted on
[**d.macvicar@nhs.net**](mailto:d.macvicar@nhs.net)

'I have been a GP in Culloden since 1988. Before becoming a GP I worked in paediatric medicine. Over the years I have been a GP trainer and have developed special interests in minor surgery and general medicine as well as paediatrics. Away from work I enjoy trying to maintain fitness and have connections on the West Coast where we enjoy escaping to the family croft. '

If you would like to contact any of the GP's for GP's then please email the doctor of your choice in the strictest confidence and they will get back to you as soon as possible.

There is also information on other services available to Highland GPs on the Highland LMC Website: http://www.highlandlmc.org.uk/gp_welfare.htm



Headquarters: Assynt House, Beechwood Park, INVERNESS IV2 3BW

Chair: Garry Coutts

Chief Executive: Elaine Mead