



The Chief Executive  
Highland Local Medical Committee  
Culloden Surgery  
Keppoch Road  
Culloden IV2 7LL

1/11/11

**The Doctors' Support Network**

**PO Box 360**

**Stevenage**

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**info@dsn.org.uk**

Dear Sir / Madam

The Doctors Support Network is a registered charity that provides a confidential support network for doctor who have, or are currently suffering, any degree of "mental distress".

In your role as LMC Chief Executive we are sure that you have contact with distressed doctors.

Doctors in difficulty can feel extremely isolated and contact with, and support from, other doctors can be an essential part of recovery.

I take great pleasure in enclosing with this letter some materials that advertise the services we provide. I hope that they will be useful to you in sign-posting doctors in distress.

We also invite those who support our aims to become associate members of DSN, helping us in our ongoing work; supporting doctors, campaigning to reduce stigma and lobbying for appropriate services for doctors with mental health problems. More details can be found by clicking "join us" on our website: [www.dsn.org.uk](http://www.dsn.org.uk)

If you would like any further information about the Doctors Support Network and the services we provide, please do not hesitate to be in touch. Our contact details are shown above.

Yours faithfully

Dr Alison Holt  
The Doctors Support Network