Dr Helen Garr

Dr Helen Garr is a GP working in urgent care and recognised wellbeing expert.

She is passionate about supporting the wellbeing of health care professionals and is Medical Director Designate of NHS Practitioner Health, a National service supporting doctors and dentists with mental health and addiction difficulties.

Helen has a background in psychology and nursing prior to entering medicine and utilises her psychology interest to underpin her work as a coach and mentor for doctors.

She is a Public Health England Clinical Champion for physical activity and a Director of the British Society of Lifestyle Medicine.

Helen is a recognised leader in the field of health care professional wellbeing and has delivered many national key note speeches and wellbeing workshops.

She is also Nottinghamshire LMC Wellbeing lead and sits on the RCGP National wellbeing working group and BMA wellbeing stakeholders committee.

Alongside her keen interest in wellbeing, Helen can be found running half marathons (slowly), walking her chocolate Labrador called Eileen and can be found on social media @TheWellbeingGP.