

A decorative graphic on the right side of the page. It features a vertical white line that curves at the bottom. At the top of this line is a cluster of four overlapping white circles, resembling a stylized flower or a knot. The background is a vibrant green with several thick, curved lines in shades of teal, dark blue, and orange.

Pharmacist Support

Here for you throughout your
whole pharmacy journey.

Pharmacy Student information pack



**You're not alone -
we're here to help!**

We listen, without judgement, and encourage and empower people to create positive change.

Studying pharmacy at university should be exciting and rewarding. For many students it will be a positive experience, but some might need guidance and support, or merely a listening ear, at some point along the way. That's where we come in!

Pharmacist Support is an independent, trusted charity. Our vision is for no one in our pharmacy family to face challenging times without us by their side. We provide a wide variety of free and confidential support services to MPharm and OSPAP students, trainee pharmacists, pharmacists and their families and former pharmacists in Great Britain.

"Pharmacist Support has been amazing at supporting me and my peers through the pandemic." - MPharm student

Our services.

We understand that events such as an illness, bereavement, or a problem at your university can have significant consequences. Our charitable support exists to help alleviate stress and pressure so you can focus on your pharmacy studies. We encourage you to seek help as soon as possible. This could be via our free and confidential services outlined below or through your university.



Information & Enquiries

On our website you will find a whole host of information and resources covering a range of topics, from what to expect from your MPharm degree and life at university, through to managing your money, the oriel foundation placement process, raising a concern, employment contracts and exam stress.

[Visit Information & Enquiries](#)



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 study 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](#)



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](#)



Financial Assistance

Our Student Hardship Grant offers up to £1,500 per academic year to assist with essential living costs.

Our Student Bursary is for students about to enter their final year of study who are facing some form of adversity. These are awards of £3k or £5k that can be used to alleviate any financial pressures so that you can focus on your studies and final exams.

[Access Financial Assistance](#)



Wardley Wellbeing Support

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 exam stress, anxiety and getting a good night's sleep during the revision period. We provide tips and tools to develop skills such as assertiveness, resilience and time management. You'll also find personal stories from students and pharmacists sharing their struggles, learnings and coping mechanisms.

[Access our Wellbeing Service](#)

**In 2020, we supported
8 final-year MPharm
students through our
bursary scheme, with
awards totaling £34,000.**

"The bursary was something I didn't think I would be eligible for. It was only when my lecturer encouraged me to apply and I sat down to write the hardships I had faced that I realised what they were. I would encourage those who "just get on with it" like I was doing to really consider applying for this bursary. You may think your situation is manageable, but that extra help from Pharmacist Support could really change your studies and career."

- Financial assistance beneficiary



**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.**

Championing your wellbeing.

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 Allow time for wellbeing, to Consider the needs of others and to Take action.

[Find out more about ACTNow](#)

ACTNow for pharmacy students

Our student focused campaign centres around managing the pressures and anxieties sometimes felt in the lead up to, during and post exam periods. 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 other students, 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 individuals in the future." - Student 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 way to get a much-needed break away from books and study, meet new people, develop new skills and boost your CV.

Our Student Ambassador Network

At Pharmacist Support we are keen to connect with pharmacy students across Great Britain who would like to help us raise awareness of the charity and raise valuable funds to support our work. Many students generously give their time by joining our charity Ambassador network.

Ambassadors support us through activities such as attending events with us or on our behalf, sharing charity news and updates on social media and with student networks, organising fundraising events or contributing to our charitable development by keeping us in the loop with what's important to pharmacy students right now.

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

[Find out more about volunteering](#)



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.

"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."

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.

Are you feeling inspired to join TEAMGreen and raise funds to support your fellow students in their time of need? You can find lots of information and support resources on our website to help you complete an individual fundraising challenge or organise a fundraising event at your university.

[Find out more about fundraising](#)

Other ways to support our work

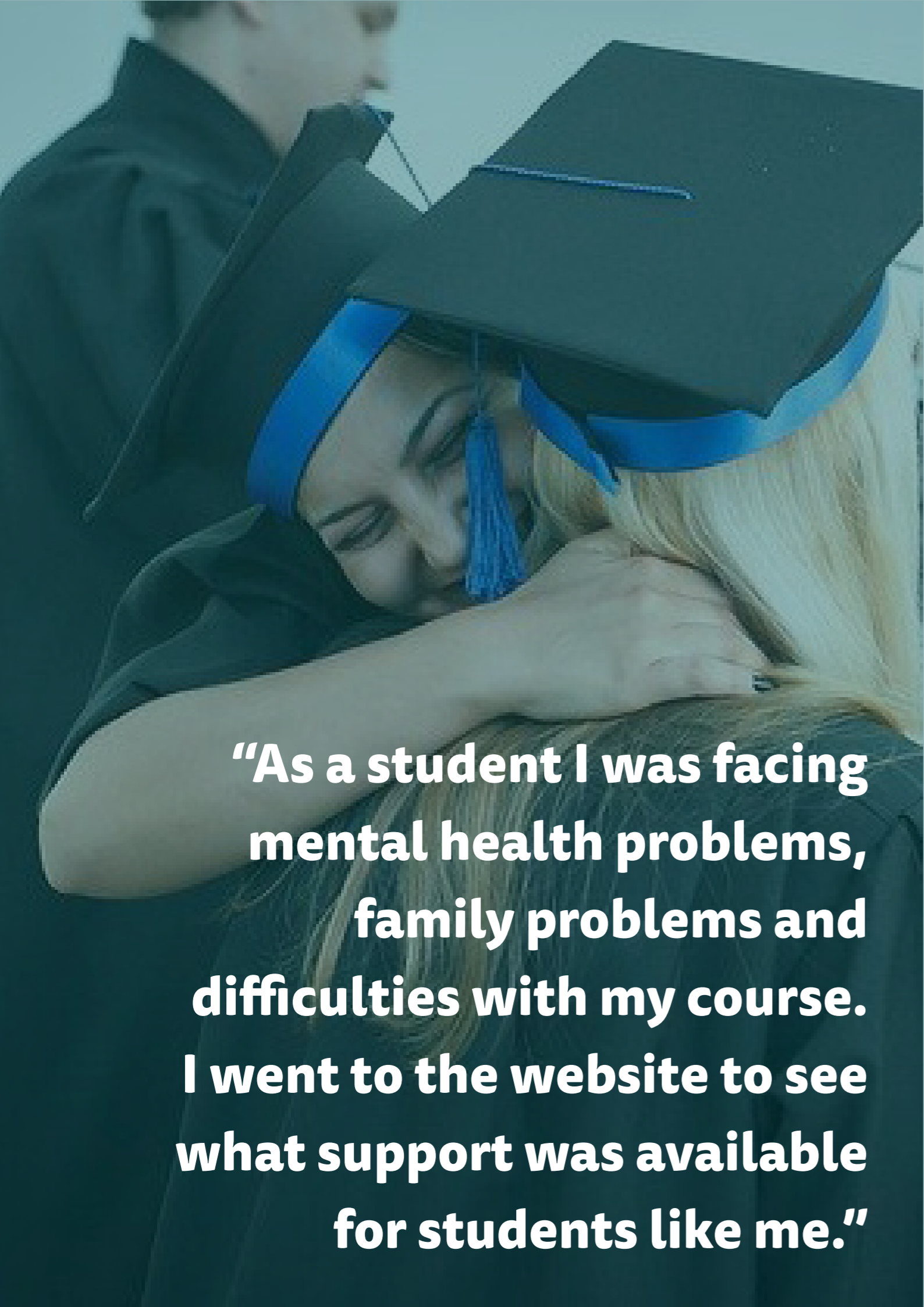
As well as fundraising, you can help us to raise valuable funds through:

- a one off or regular donation via [our site](#) when [purchasing items online](#) through platforms such as Amazon Smile or Give as You live

[Donate to the charity](#)

Your donations will ensure that we're able to continue supporting colleagues and friends in the profession facing difficult times.

Thank you.



“As a student I was facing mental health problems, family problems and difficulties with my course. I went to the website to see what support was available for students like me.”

We hope that you have an enjoyable and rewarding time at university and throughout your career. But if at any point you or one of your peers finds 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

We are an independent charity. This means that if you contact us for support, you can 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.

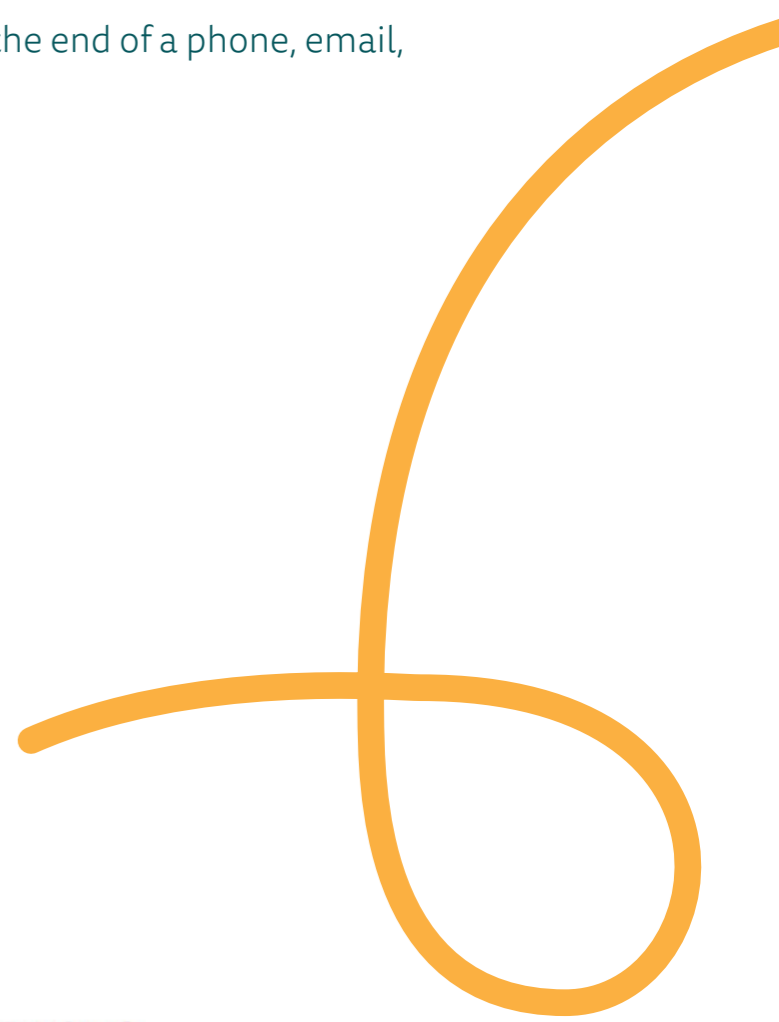
You can reach us online via our website, at the end of a phone, email, or even on social media.

Visit: pharmacistsupport.org

Email: info@pharmacistsupport.org

Call: 0808 168 2233

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