



THE CONFEDERATION OF BRITISH SURGERY

**Don't Suffer Alone  
Call the Surgical Advisory Service  
Helpline Today**

Support is just a phone call away. Reach out to get the guidance and support you need to protect your wellbeing, your career, and your patients.

**Confidential. Expert. Here for You.**

**The Surgical Advisory Service**

Telephone Helpline  
**07498 322935**

Email Service  
[advice@cbsgb.co.uk](mailto:advice@cbsgb.co.uk)



**Are you are a  
Surgeon or Surgical  
Professional who is  
in difficulty?**

The **Surgical Advisory  
Service** is here to  
support you

**Reach out today  
for the support  
you deserve**

# Don't suffer alone - We are here to help.

## Introducing the Surgical Advisory Service (SAS) Helpline

Feeling overwhelmed, had a complaint made against you, facing workplace challenges, or simply need someone to talk to? No matter what the issues the Surgical Advisory Service (SAS) Helpline, offered through the Confederation of British Surgery, is here for you.

## Confidential Support for Surgeons, Anaesthetists and Surgical Professionals by Experts Who Understand

Surgery is a demanding profession, and the challenges you face are unique. Whether it's a personal issue, a professional dispute, or just the pressure of the operating room, SAS offers confidential, expert support tailored to the needs of surgical professionals like you.

## Reach out today for the support you deserve, and the SAS will...

- **Connecting you:** Share an overview of your situation, and we will direct you to the appropriate resources and support, ensuring you receive guidance tailored to your circumstances.



- **Provide Confidential Advice:** Talk openly without fear—your information is private and protected.
- **Provide Experienced Guidance and Triaging:** Whether you need legal insights or peer support, the helpline connects you to specialists who know your world.

## Why Call the SAS Helpline?

The SAS Helpline is here to assist you with a range of concerns, including but not limited to:

- Conflict at Work & Workplace Disputes
- HR & Contractual Issues, Bullying
- Harassment, or Undermining, Pay
- Working Hours, & Workload Concerns
- Career Progression & Advice
- Health & Wellbeing, Mental Health & Burnout
- Diversity & Equality Issues
- Ethics & Professional Liability.

No matter what you're dealing with, we are here to listen and guide you through your next steps.

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