

Alex George

TV Doctor, Author, and Government Mental Health Ambassador

Mental Health & Resilience Practical strategies for building resilience, managing stress and protecting mental wellbeing, with insights from Dr. Alex's work as the UK Government's Mental Health Ambassador.

Wellbeing That Works Simple, evidence-informed habits that support better physical and mental health, helping people make sustainable changes in their everyday lives.

Supporting Young People's Mental Health Exploring the challenges facing children and young people today, and what parents, educators and communities can do to better support them.

Lessons from the NHS Frontline Powerful stories and reflections from Dr. Alex's experience as an A&E doctor, sharing what the pandemic taught us about health, human connection and the importance of looking after ourselves and each other.