# Press Release | 16 April 2025

**King’s Lynn hospital plants tree to honour health workers who have died by suicide**

Today, Wednesday 16 April, a memorial tree was planted at The Queen Elizabeth Hospital King’s Lynn (QEH) to remember health care workers who taken their own lives.

This is the first tree to be planted at a hospital in East Anglia as part of the National Memorial Tree Campaign, led by the mental health charity Doctors in Distress and in association with its Patron, BAFTA winner and former NHS doctor Adam Kay.

The National Memorial Tree Campaign honour’s the memory of these healthcare professionals and highlights The QEH’s commitment to protecting the mental health and wellbeing of their staff.

Statistics show that in the UK one doctor takes their own life every three weeks and one nurse takes their own life every week. These shocking figures are a stark reminder that the wellbeing of healthcare workers is paramount.

Alice Webster, CEO at The QEH said; “By joining the Doctors in Distress’ National Memorial Tree campaign and planting a tree in our grounds, we are promoting a duty of care for the mental health of our staff and remembering those who have lost their lives to suicide. The tree we have selected is an Acer Campestre which is commonly known as a field maple. It represents strength and protection and is viewed as a symbol of serenity and tranquillity.”

Susannah Basile, Interim Chief Executive at Doctors in Distress, said: “We would like every hospital trust in the country to support our National Memorial Tree Campaign and plant a memorial tree, which will highlight their commitment to protecting the mental health and wellbeing of their staff.  Together we can help to break down the stigma around mental health and help to prevent further suicides.”

Doctors in Distress Patron, BAFTA winner, former NHS doctor and bestselling author of *This is Going to Hurt,* Adam Kay, said:

"The first step in solving a problem must be in admitting that the problem exists, and this is something I tried to highlight in the BBC adaptation of my book, This is Going to Hurt. The series culminated in the death by suicide of a doctor called Shruti - a fictional character based on so many tragic stories. In the show, a tree was planted in her memorial, which has led to trees being planted in real-life hospitals to commemorate lost colleagues. I'm very proud to support Doctors in Distress in raising awareness of this vital issue and protecting the mental health of healthcare workers."

Amandip Sidhu, Founder of Doctors in Distress said:

“My cardiologist brother died by suicide in 2018 therefore this is a very emotive topic for me. It is really important for me to know that there are NHS Hospital Trusts which understand the pressure their workforce has faced and continues to have to deal with, and who are prepared to talk about the issue of suicide in the workforce.

Until the mental health and wellbeing of the healthcare workforce is prioritised by leaders at the highest level, the rate of burnout will continue to rise and, inevitably, so will the rate of suicide.  Doctors in Distress was founded specifically to eliminate the stigma surrounding suicide and to provide the support our colleagues need in order to continue doing the amazing work they do.”

Doctors in Distress is an independent charity that provides peer support for all UK based healthcare workers to promote and protect their mental health and prevent suicide.

**Ends.**

**Notes to editors:**

For media enquiries only, please contact Communications Team, [media.enquiries@qehkl.nhs.uk](mailto:media.enquiries@qehkl.nhs.uk) or 01553 613216. For all other enquiries, please contact QEH Switchboard on 01553 613613.

Spokespeople from Doctors in Distress are available for broadcast interview. For more information, please contact Naomi Gornall at [pressoffice@doctors-in-distress.org.uk](mailto:pressoffice@doctors-in-distress.org.uk)

Doctors in Distress is an independent charity set up in 2019 by Amandip Sidhu in response to the tragic death of his brother Jagdip Sidhu to suicide. The charity runs free confidential peer support groups for all healthcare workers to support them with mental health difficulties as well as campaigning to raise awareness of this topic    
[https://doctors-in-distress.org.uk/](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdoctors-in-distress.org.uk%2F&data=05%7C02%7Cross.kall%40qehkl.nhs.uk%7C5246ff7fbaac49e4708908dd78e4a619%7C2663724102c34d5db4e960546bc5483a%7C0%7C0%7C638799645653385425%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=zYYhnuUzasFgLoQuem79afkpWgAqfkyeQVdEwNiSXY8%3D&reserved=0)

Statistics show that in the UK one doctor takes their own life every three weeks and one nurse takes their own life every week. Source: ONS Suicide by occupation, England: 2011 to 2015. Link here: [Suicide by occupation, England - Office for National Statistics](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ons.gov.uk%2Fpeoplepopulationandcommunity%2Fbirthsdeathsandmarriages%2Fdeaths%2Farticles%2Fsuicidebyoccupation%2Fengland2011to2015&data=05%7C02%7CDebbie.Burrell%40qehkl.nhs.uk%7C3b65c019d12f4ab13cdf08dd7b65c5f9%7C2663724102c34d5db4e960546bc5483a%7C0%7C0%7C638802399266361074%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=PyfhdX3J0ntlxO1IMPG6PoaJleKYwLAPaK3kuoyUCb0%3D&reserved=0)