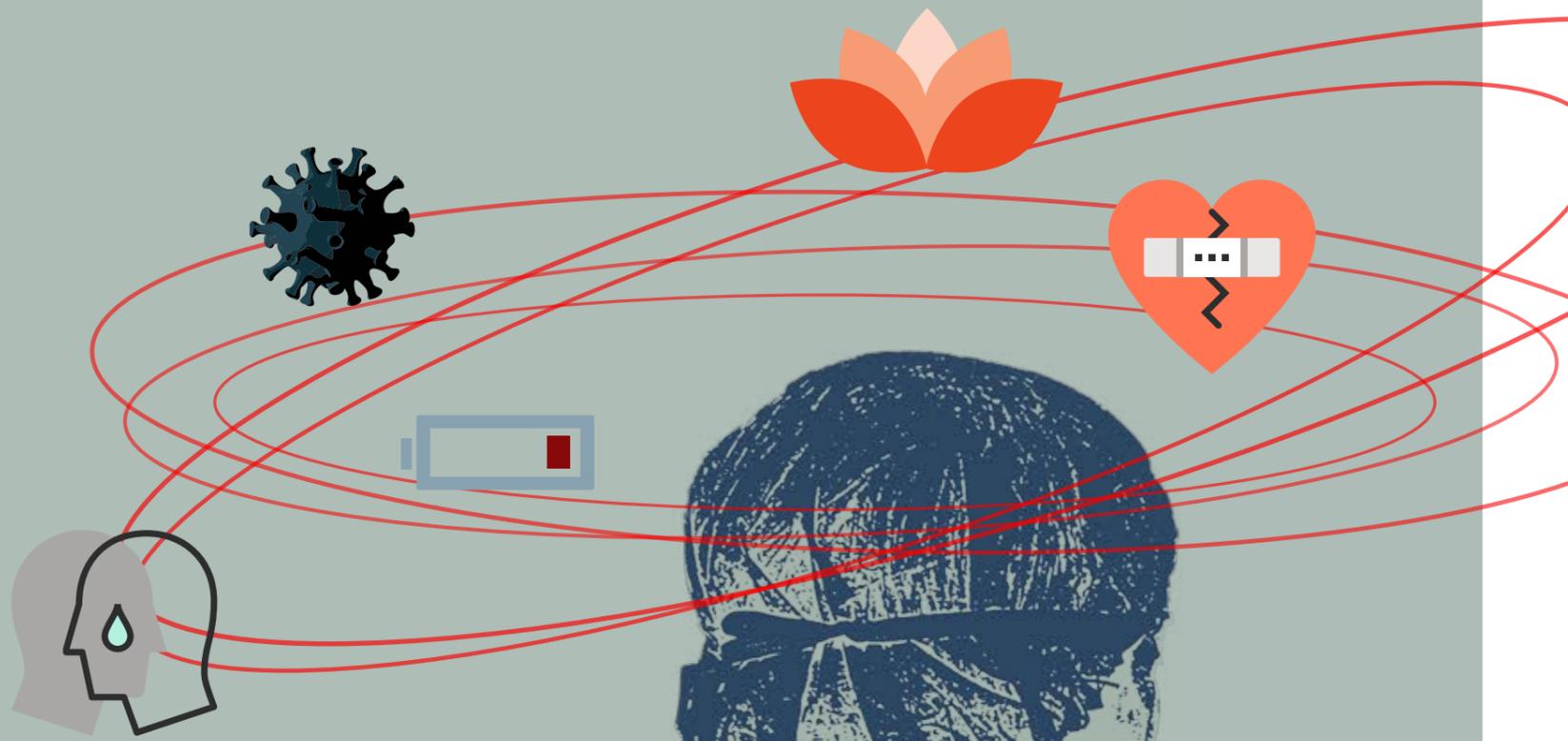


STRESSED?

Give yourself a time out.
Take a walk, have a coffee, call a friend.



The Wellbeing Charter for Doctors
advocates for safe, accessible
and inclusive environments for
doctors.