Over 30% of medical students experience mental health problems.*

Stress, anxiety, depression – you shouldn’t have to face them alone. And nor should your friend, your housemate, your course mate.

If you need to talk, talk. If someone needs you to listen, listen.

* Student BMJ 2015

Visit bma.org.uk/knowmentalhealth
Call 0330 123 1245 (for 24-hour, confidential advice)

#knowmentalhealth
‘Dealing with anxiety has helped me become a better doctor. It drives me to do the best I can for patients.’

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