

The spread of **COVID-19** is likely to cause high levels of stress and anxiety among doctors and medical students. It's important to look after each other, as well as your patients.



Above all, don't be afraid to recognise when you need help and to reach out for it

Wellbeing support services

COUNSELLING | PEER SUPPORT
0330 123 1245



There is always someone you can talk to...

0330 123 1245 | bma.org.uk/yourwellbeing