

*Your
mental health
matters to...*

**YOU
YOUR PATIENTS
YOUR CO-WORKERS
THE ONES YOU LOVE**



Starting from today...

I'M MINDING HEALTHCARE



*By taking care of myself, taking care of my
colleagues and taking steps to keep myself well*

*If you are
concerned
about your
mental health*

Talk with a trusted colleague
Talk honestly with your GP
Get help from your Employee
Assistance Programme

For Doctors, Dentists, Pharmacists

CONTACT

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Connecting for Life

PractitionerHealth
LOOKING AFTER YOUR WELLBEING IN CONFIDENCE

This is a mental health awareness initiative for Healthcare personnel sponsored by the HSE National Office for Suicide Prevention (www.nosp.ie) & in partnership with Practitioner Health.