



**Uplifting resources for the NHS from the NHS**

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# It's me time.



Ten print books along with Apps, videos, podcasts and other online content to help you with self-care and wellbeing, crowd sourced from NHS staff. Visit your NHS library and see the full list of resources at: [library.nhs.uk/nhs-staff-and-learners/](https://library.nhs.uk/nhs-staff-and-learners/)

Contact your NHS library: