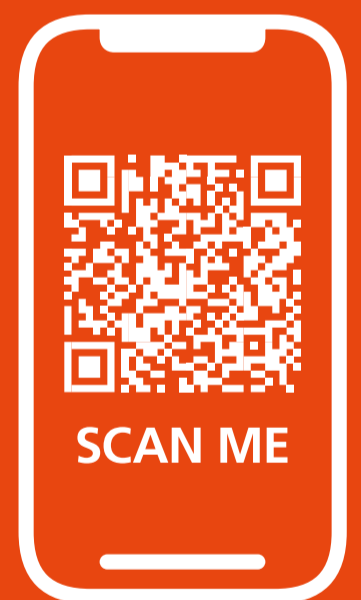


Uplifting resources for the NHS from the NHS

Look after yourself.



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/

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