

Hey, it's natural to...

have an off day

feel upset by a patient's negative reaction

get stuck in your own mind

feel overwhelmed about workload

not have all the answers

be annoyed when stock runs out

daydream about being on a faraway beach

feel uncertain about the future

not be okay all the time

... but if you're struggling and need support, our profession's independent charity, Pharmacist Support, is here to help you.

Pharmacist Support provides a range of free and confidential support services to MPharm students, trainees and pharmacists. Our vision is for no one in our pharmacy family to face challenging times alone.

Scan the QR code to find out how we can support your personal, professional, financial, physical, and mental wellbeing.



**PHARMACIST
SUPPORT**

Pharmacist Support is a charitable company limited by guarantee, registered in England and Wales with company number 9237609 and charity number 1158974.