

Am I doing enough? Did I do the right thing?

You probably think you're not getting it right,
but take another look – ***you're a star!***

Do your **best** and leave the rest;
keep moral distress in check.



SCAN HERE

Contact us

Call **01202 130130** from **8 AM to 4 PM (Mon - Fri)**
or contact us using our online referral form.

<https://joinourdorset.nhs.uk/wellbeing>