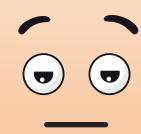




## Are you feeling...







**Exhausted** 

Unmotivated

Disconnected from your job

## You may be experiencing a burnout

It's normal to feel this way with increased work pressures

## Let's help you find a solution



## **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

