

STOP THE STIGMA **EM**

You are never too
“new” to support
a colleague.

#StopTheStigmaEM with us every October to normalize conversations about mental health. Through normalizing use of resources to support ourselves and one another, we honor those we have lost.

Mental health strain can be a threat to clinicians, teams, and patient care so support and access to resources is crucial. Strength comes from support.

You are never too early in your career to support a colleague, or too experienced to seek support.

Looking for resources to get you started?
Follow this QR code for debriefing,
grounding, therapy, and more:



Support matters.

**What you do
matters.**

You matter.