



WORLD MENTAL HEALTH DAY

OCT 10, 2019

Let's Talk

“Residents Mental Health & Wellbeing”



Department of Psychiatry
JIPMER

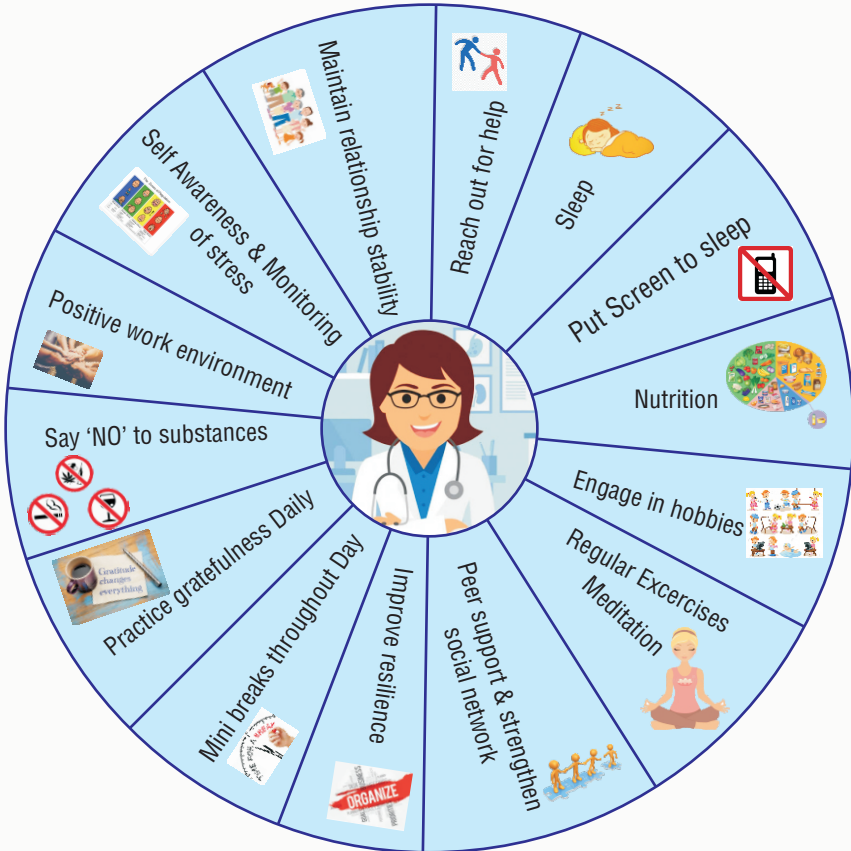
You deserve to take care of yourself!

Prevent burnout and improve the patients care.

Doctors are at high risk for suicide.

Approximately 1 Doctor is dying by suicide everyday.

Take Wellness in your own hands



Small Changes can make a big difference!

Let us start from today