

# You're a busy nurse, but who's NURSING YOU?



We've spoken with over 450 nurses who all agree: it's time we started looking after ourselves as well as we look after our patients.

Join charity C3 Collaborating for Health's NURSING YOU programme (designed by nurses, for nurses) today.

Visit [www.c3health.org/nursing-you](http://www.c3health.org/nursing-you) for more information, including:

- Access to resources
  - Fact sheet about nurses' health
  - Help talking to your managers
  - 7 steps to implementing NURSING YOU at your organisation
  - Twitter kit
- A free app exclusively for nurses

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