



Pausing to Keep Going

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Why you started this path seems distant
The fear of dark thoughts and masked stigma persistent

Pause to Remember
Doctor the Doctor

Bare vulnerability to those held near
Remarkable honesty shall be revered

Together
We heal
We confide
No more do we hide

No longer alone by the power of peers
Burnout prevention and treatment are cheered

We move forward
Supported, open and sincere

If you or anyone you know is struggling, please reach out to the National Suicide Prevention Lifeline at 1-800-273-8255 (TALK).

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