



**Londonwide LMCs**  
The professional voice of London general practice

## World Mental Health Day 2021

For World Mental Health Day we recorded the advice of LMC Chair Emma Rowley-Conwy on how she has managed workplace stress through the pandemic.

For #WorldMentalHealthDay check out Dr Emma Rowley-Conwy discussing how attending our wellbeing webinars and coaching circles has helped with her mental health. #mentalhealth #wellbeing #GPisOpen [pic.twitter.com/uhRqQOihoy](https://pic.twitter.com/uhRqQOihoy)  
— Londonwide LMCs (@LondonwideLMCs) October 10, 2021

Today is #WorldMentalHealthDay . Lambeth LMC's Dr Emma Rowley-Conwy shares how she manages workplace stress and her mental health. If you are a London GP and need support go to <https://t.co/r11c30U3rp>. #mentalhealth #wellbeing #GPisOpen [pic.twitter.com/gWqU1vOLIR](https://pic.twitter.com/gWqU1vOLIR)  
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