

The Pharmacy Show partners with Pharmacist Support to celebrate Stress Awareness Month

The Pharmacy Show is pleased to announce its partnership with [Pharmacist Support](#), the trusted charity providing essential support services to pharmacists and their families, former pharmacists, trainee pharmacists and pharmacy students, for the Pharmacy Show 2025. Together, we are committed to fostering a positive environment for pharmacy professionals, supporting those who dedicate their lives to caring for others.

Addressing Stress in the Pharmacy Profession

This year, in recognition of Stress Awareness Month, the Pharmacy Show and Pharmacist Support are joining forces to highlight the importance of self-care and well-being in the profession.

Since 1992, Stress Awareness Month has been observed every April to raise public awareness about the causes and solutions for stress. The 2025 theme, **#LeadWithLove**, is a powerful call to action encouraging individuals to practice Unconditional Positive Regard – approaching both themselves and others with kindness, compassion and acceptance, regardless of the challenges they face.

Encouraging Self-Care and Well-Being

As part of this campaign, we aim to inspire pharmacy professionals to prioritise self-love and self-care. Our charity partner, Pharmacist Support, is introducing a new resource to aid in this mission: [A Dose of Wellbeing](#), a podcast designed to support, inspire and empower those working and studying in pharmacy.

Through engaging conversations with experts, peers and well-being advocates, A Dose of Wellbeing offers insights, practical advice, and inspiration to help pharmacy professionals thrive both professionally and personally. The podcast is available [here](#) and on all major streaming platforms and YouTube – just search for ‘Pharmacist Support, A Dose of Wellbeing’.

Join us in 2025

The Pharmacy Show will return to the NEC Birmingham on 12-13 October 2025. [Click here](#) to register your interest now.

About Pharmacist Support:

Pharmacist Support is a well-established and trusted charity supporting pharmacists and their families, former pharmacists, trainee pharmacists and pharmacy students. They provide a wide variety of free and confidential support services, including Information and Enquiries, Specialist Advice, Financial Assistance, Addiction Support, Counselling and Peer Support and the Wardley Wellbeing Service, as well as hosting a wide range of free mental health and wellbeing information, guidance and resources on their website which is free for all the pharmacy team to access.

About CloserStill Media:

The organiser, CloserStill Media, specialises in high-value, content-driven events and the nurturing of B2B or professional communities. The company operates events across a wide range of sub-vertical sectors within Business Technologies, Healthcare and Future Transport and Infrastructure across the U.S., Europe and Asia, with operations and 800 staff in the U.K., USA, Germany, Spain and Singapore.

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