



For Doctors, For Patients

Thank You,
SMA Members!

SMASks

for our front-line heroes

SMASks
are available in
White, Navy Blue
and Grey



In appreciation of your continued support, the SMA Membership Committee is pleased to present SMA face masks (or SMASks!) to Members in good standing (one mask each).*

We look forward to serving and representing you for many more years.

You can collect your SMA face mask from the **SMA office** (2985 Jalan Bukit Merah, #02-2C SMF Building, Singapore 159457) from Monday to Friday between 9 am and 6 pm, or email us at membership@sma.org.sg if you would like to receive one in the mail. Masks are available in white, navy blue and grey.

**No reservations and while stocks last!*

SMA HOSP+ Helpline

@smahospbot (Telegram)

The SMA Doctors-in-Training (DIT) Committee brings to you the House Officer (HO) Support Programme Expansion (HOSP+) Helpline which seeks to support HOs on their medical journey. HOSP+ Helpline consolidates useful resources HOs may require to navigate through their first year in the hospital wards, and seeks to address some of their common queries and concerns. SMA volunteers are also available if users wish to “/talktosomeone”.

Information shared by HOs is kept strictly confidential.



SMA HOSP+ Helpline

SMA HOSP+ Helpline:

Hello there, thanks for reaching out to the Singapore Medical Association (SMA) HO Support Programme Expansion (HOSP+) Helpline.

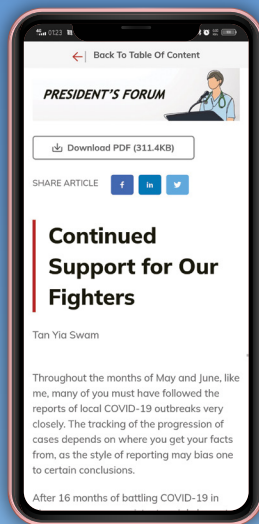
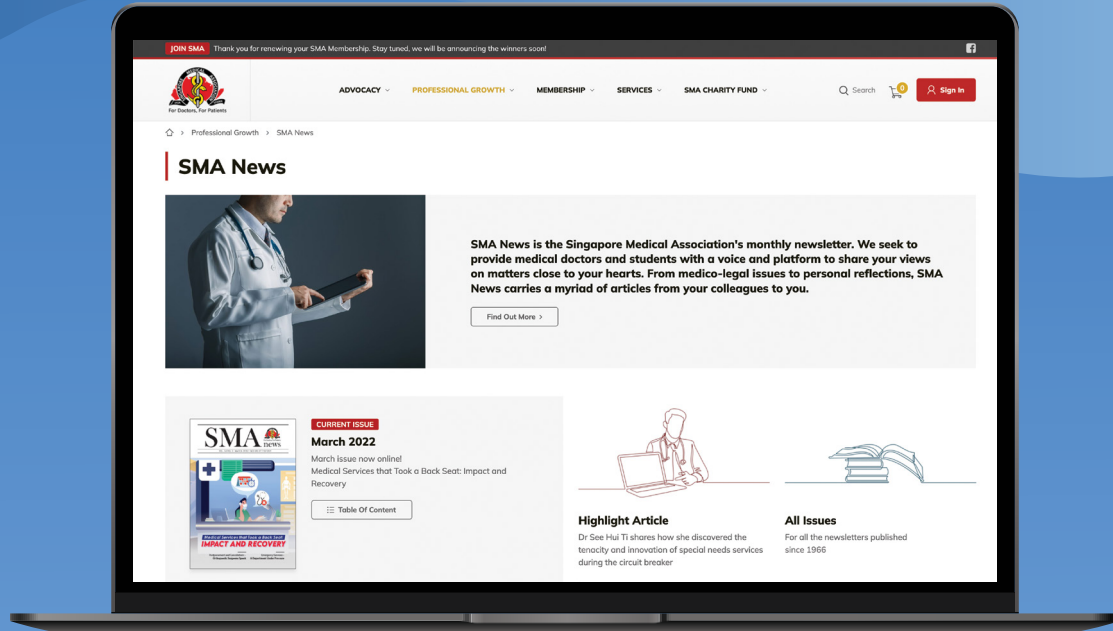
How can we help you today?
(click on one of the following)

- /whistleblow** – report your workplace
- /feelingdown** – mental health resources
- /HOGuide** – SMA's HO handbook
- /ethicsref** – SMC's ethics handbook
- /talktosomeone** – ask/tell me anything



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