

We all need
compassion
and care at
some point.
Even you.



Stress, trauma, and the effects of shiftwork can all impact your mental health. It's time to take care of you — and support is available.

Free, **confidential** peer and professional support services are available, staffed with pros who know what the job is like.

www.nami.org/frontlinewellness



If you're experiencing depression, feeling helpless
or out of control, or having suicidal thoughts,

it's time to reach out

1-800-273-TALK (8255)

OR

Text "SCRUBS" to 741741



Free, confidential, 24/7

You are not alone.