

Mental Health and Wellness Resources for Clinicians

Healthcare can be a demanding and stressful field. Healthcare professionals are often accustomed to helping others and managing stress, yet are not immune to the long-term effects of stress and trauma themselves. This has become even more apparent during and post-pandemic.

National Alliance on Mental Illness (NAMI) Health Care Professionals Resource

Free and confidential professional mental health resources dedicated to healthcare workers
<https://www.nami.org/Your-Journey/Frontline-Professionals>

Crisis Text Line Text HOME to 741741 to connect with a volunteer Crisis Counselor or chat free online at <https://www.crisistextline.org/>

National Suicide Prevention Hotline Dial 988 nationwide for immediate assistance during a mental health emergency

Warrior PATHH by the Boulder Crest Foundation

PTSD resources and programs for veterans and first responders. Learn more at <https://bouldercrest.org/warriorpathh/>

AIMIcare Mobile App

In partnership with the Altruism in Medicine Institute, AIMIcare is a mobile app designed for healthcare professional to help reduce stress and burnout while regaining motivation and fostering your well-being. <https://aimicare-ingenovis.webflow.io/>

Employee Assistance Program

An Employee Assistance Program (EAP) is offered by most employers as a free benefit to their employees to provide confidential assistance with personal issues. Please refer to your employer for additional information and details.

National Domestic Violence Hotline and Online Services

The National Coalition Against Domestic Violence (NCADV) was established in 1978 and is the, “only national organization of shelters and support services for battered women and their children.” Free and confidential services available 24/7 by calling 1.800.799.SAFE, texting “START” to 88788 or visiting <https://www.thehotline.org/>

Substance Abuse and Mental Health Services Administration (SAMHSA)

Free & confidential 24/7 information about mental health and substance use disorders.
Call 1.800.662.HELP or visit <https://www.samhsa.gov/>

Operation Happy Nurse

Membership is free and offers peer support, stress management, podcasts, social events, and more.
<https://www.operationhappynurse.org/>

Don't Clock Out

Founded in 2022 in response to the tragic suicide of a friend and RN, Don't Clock Out spreads awareness, provide resources and offers mental health support for nurses and healthcare professionals. <https://www.dontclockout.org/>

ANA Well-Being Initiative

Offers resources that focus on caring for nurses as they tirelessly care for others.
<https://www.nursingworld.org/practice-policy/work-environment/health-safety/disaster-preparedness/coronavirus/what-you-need-to-know/the-well-being-initiative/>

National Institute for Occupational Safety & Health (NIOSH)

Federal agency dedicated to preventing work related injuries and illness.
<https://www.cdc.gov/niosh/topics/healthcare/>



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