

Your role in healthcare is invaluable to McLaren and the community that you serve. Yet, feelings of emotional exhaustion, depersonalization, and a decreased sense of personal accomplishment can lead to decreased effectiveness at work.

As a McLaren employee, the following resources are available to support your health and well-being.

- **Emotional Support Line:** (810) 342-2528
- 2. One-to-one ongoing behavioral health support:

Employee Assistance Program: (844) 449-6539 or

https://guidanceresources.com.

IF YOU ARE IN CRISIS, PLEASE USE ONE OF THE FOLLOWING RESOURCES:

- **National Suicide Prevention Hotline** 1-800-273-8255 (Available 24 hours. Languages: English and español.)
- **Michigan Department of Health** and Human Services Hotline

1-888-733-7753 (Peer-support available 7 days a week from 10am to 2am. Language: English)

SAMHSA's Disaster Distress Helpline

Toll-Free: 1-800-985-5990 (Available 24 hours.

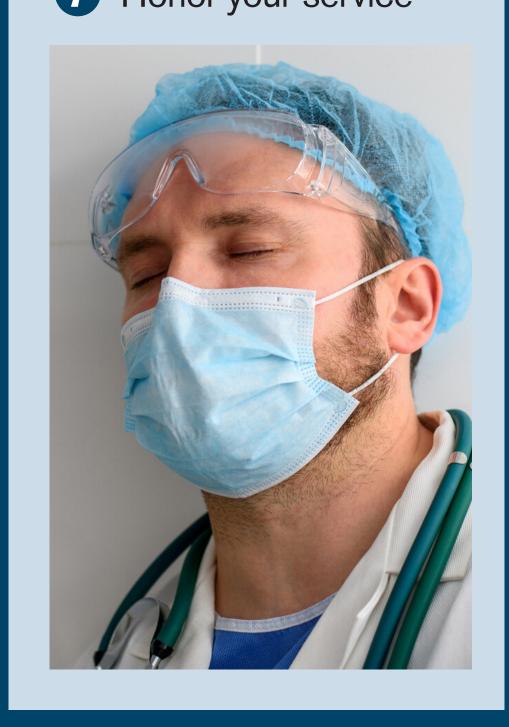
Languages: English and español.)

SMS: Text TalkWithUs to 66746 or SMS (español): "Hablanos" al 66746

TTY for deaf/hearing impaired: 1-800-846-8517

Strategies To Facilitate **Overall Well-Being During** Covid-19

- Meet basic needs
- Take breaks
- Stay connected
- Respect differences
- Stay updated
- Perform self check-ins
- Honor your service





Resources available at: Stay Well McLaren Virtual Site