



HOW WELL DO YOU FEEL TODAY? BALANCE VS. BURNOUT

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.

1. **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

- 1 Meet basic needs
- 2 Take breaks
- 3 Stay connected
- 4 Respect differences
- 5 Stay updated
- 6 Perform self check-ins
- 7 Honor your service

