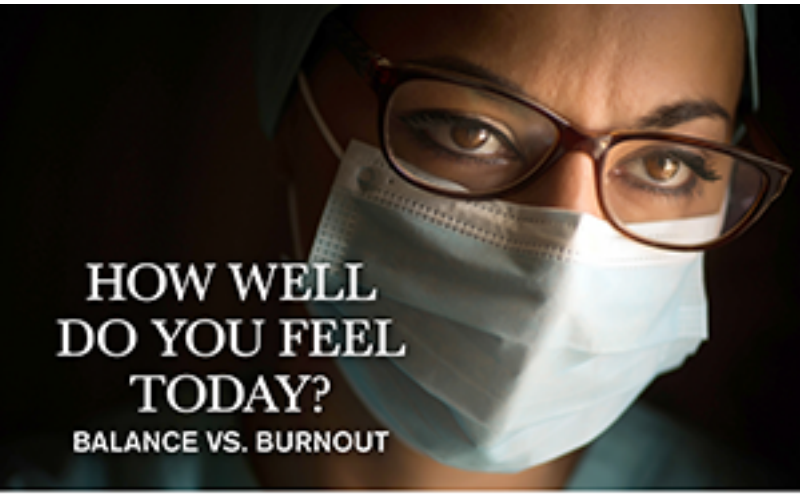


McLaren Print System Order**Order No: 77225****Order Date: 2023-05-11****User: melissa lawrukovich****Phone: 2486560472****Ship Location: McLaren Oakland Lake Orion family Medicine
1240 S Lapeer Road , suite 101a
lake orion , Michigan 48360****Brochures****Quantity: 4****Paragon Dept No: 26815****Dept Name: MMG****Company Number: 810****Order Total Price: 2.00****Item Number: MHCC - 2802 B****Item Description: How Well do you Feel Poster****Revision Date: 2/2022****Print:****Paper:****Size:****Fold:****Finish:****Drill:****Poster:****Misc Info: 11 x 17, Bleed, SS, 100# Cover**



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:** (813) 342-2928
2. **One-to-one ongoing behavioral health support:**
Employee Assistance Program:
(846) 449-6579 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 (Peersupport 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" at 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



DOING WHAT'S BEST.®



Resources available at
[This Virtual McLaren Site](#)

Spec Info: