

Confidential Counseling **24/7**

Get support when everything
feels like it's too much.



For the safety of our patients, our coworkers and ourselves, policies, regulations and expectations have changed since the COVID-19 pandemic hit in March.

In addition to doing our jobs, we've had to adapt quickly. These changes, partnered with the typical demands of our work, can cause increased stress and anxiety.



It's OK to feel overwhelmed.

It's OK to be frustrated.

It's OK get help.



The Be Well Crisis Helpline is a **confidential, secure and free** service available to all healthcare workers.

Call 211 to connect with a trained counselor 24/7.



**Be Well
Indiana**

BeWellIndiana.org