



### Expert Help for Nurses

Most nurses enjoy taking care of others—it's what drew them into their profession and provides satisfaction throughout their careers. Caregiving at its best has mutual benefits for nurse and patient. It's a job that requires hard work, discipline and the emotional resilience to help patients, especially those in severe pain or distress, or in the process of dying.

Often, however, even as they provide support for their patients, nurses are reluctant to ask for help, although they may be in desperate need of a compassionate listener who understands the enormity of the work, life and family challenges they face—and has walked in their shoes.

The most important thing nurses can do for themselves, their patients and the people they love is to make self-care their priority. As such, VITAL WorkLife provides confidential, one-on-one, telephonic nurse peer coaching services. Our nurse peer coaches offer the same confidential, professional support as do all of our consultants—with the additional benefit of offering a nurse's unique perspective.

Help is just a phone call away, at **800.383.1908**. A master's or doctorate-level EAP consultant is always available to provide immediate support, 24 hours a day, 365 days a year. If you would like to talk with a nurse peer coach, we will arrange to have a nurse peer coach reach out to you. All you have to do is ask.

#### **Nurses often consult our nurse peer coaches when they are experiencing:**

- Unusual levels of stress or anxiety
- “Horizontal hostility” or bullying from other nurses or staff
- Issues with physicians, including bullying and communication concerns
- Negative feedback from peers, physicians, patients or other staff
- Concerns about substance abuse or other addictive behaviors
- Difficulty balancing the demands of family and work responsibilities

Your nurse peer coach can be a confidential and knowledgeable sounding board for discussing concerns, grief or anxiety over patient outcomes, professional issues, job pressures and more. Don't wait. Taking care of yourself is the first step in achieving greater career satisfaction and a happier, healthier life for you and your family.