



# Feeling like no one gets it?

As a Nurse, you take care of others—let us take care of you. Talk with a compassionate listener who understands the work, life and family challenges you face—and has empathy for it all.

Talk to someone who understands your perspective. Call **800.383.1908** to access your confidential, one-on-one, telephonic Nurse Peer Coaching services.

Your Nurse Peer Coach is a **confidential** and **knowledgeable** sounding board for discussing concerns, such as:

- Navigating consistently high levels of stress and burnout
- Grief and loss
- Balancing work and family responsibilities
- Coping with staffing shortages and applying self-care
- “Horizontal hostility” or bullying from other nurses or staff

Ready to talk to someone who gets it? Call **800.383.1908**, visit **VITALWorkLife.com** or scan the QR Code to contact us about Nurse Peer Coaching.

