

Ever find yourself saying, “No one gets it?”

Taking care of others is what likely drew you to the nursing profession. But sometimes, even nurses are in need of a little care – a compassionate listener who understands the work, life and family challenges you face – and has walked in your shoes.

Your nurse peer coach can be a confidential and knowledgeable sounding board for discussing concerns, such as:

- Unusual levels of stress or anxiety
- “Horizontal hostility” or bullying from other nurses or staff
- Grief and Loss
- Substance abuse, addiction or balancing work and family responsibilities

Talk to someone who understands your unique perspective. Call **800.383.1908** to access your confidential, one-on-one, telephonic nurse peer coaching services.

For more information about other resources from your VITAL WorkLife EAP, call **800.383.1908** or visit **VITALWorkLife.com**

