



Mental Health Services for Health Workers

Resources for Mental Health Support

911 At Ease International

Free trauma-informed counseling for frontline responders and families, including emergency medical personnel.

www.911aei.org

National Alliance on Mental Illness (NAMI) Crisis Text Line

Free 24/7 mental health support via text.

Text "SCRUBS" to 741741

Physician Support Line

Free, confidential peer support by psychiatrists to physicians and medical students – no appointment necessary, open Monday to Friday, 8 a.m. – 12 a.m. ET.

www.physiciansupportline.com

The Emotional PPE Program

State-based directory of licensed mental health practitioners providing free services to healthcare workers.

directory.emotionalppe.org/healthcare-workers-landing

Professional Associations

Many professional organizations for healthcare workers offer additional well-being resources as part of membership. Consider searching their website for resources.

This document is intended for informational purposes only. If you or someone you know is struggling or in crisis, call or text 988 or chat at 988lifeline.org.