



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

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

- Navigate consistently high levels of stress that could lead to burnout
- “Horizontal hostility” or bullying from other nurses or staff
- Coping with staffing shortages and applying self-care
- Grief and Loss
- Balancing work and family responsibilities

Yes, even nurses need care, such as 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 unique perspective—Call 800.383.1908 to access your confidential, one-on-one, telephonic Nurse Peer Coaching services.



For more information about resources from your VITAL WorkLife EAP, call **800.383.1908**, visit **VITALWorkLife.com** or **scan the QR Code** to contact us about Nurse Peer Coaching.