



## SAFEHAVEN CLINICIAN WELL-BEING PROGRAM

*Rediscover meaning, joy and purpose in medicine.*

SafeHaven ensures that you can seek support for burnout, career fatigue and mental health reasons with privacy and confidence.

### RESOURCES FOR YOU AND YOUR FAMILY MEMBERS

SafeHaven includes Clinician Well Being Resources from VITAL WorkLife—confidential and discreet resources designed to reduce stress and burnout, promote work/life integration and support well-being for you and your family. These resources include:



**Clinician Peer Coaching** — talk with someone like you who can help you grow both personally and professionally



**Counseling** — confidential, non-diagnostic sessions



In-the-moment **telephonic support** — available 24/7



**WorkLife Concierge** — a virtual assistant to help with every day and special occasion tasks



**VITAL WorkLife App** — mobile access to resources, well being assessments, Insights, videos and more

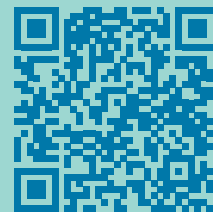
### WE PROTECT CLINICIANS

Physicians and other healthcare providers are often concerned that the disclosure or discovery of mental health treatment could adversely affect their ability to practice—impacting their livelihood and the security of their families. As a result, some clinicians don't get the help they need for burnout and other challenges they face in today's healthcare environment.

Consultations under SafeHaven are considered privileged.

**SafeHaven seeks to assure provider confidentiality, but protections vary by state.**

Scan the QR code or visit the URL below to learn more:



[www.safehavenhealth.org/confidentiality](http://www.safehavenhealth.org/confidentiality)

#### Don't see your state? We can help!

SafeHaven can assist in working with changemakers where you live. Contact us and let's bring SafeHaven protections to your state.

The first **500 anesthesiologists** to sign up for SafeHaven will enjoy benefits **through November 2025** for just \$149!

Visit [www.safehavenhealth.org](http://www.safehavenhealth.org) to sign up today, and use code **WELCOMEASA** to receive the discounted rate.

Questions - contact [info@safehavenhealth.org](mailto:info@safehavenhealth.org) or [amy.factor@vitalworklife.com](mailto:amy.factor@vitalworklife.com)



Resources brought to you by:

