

Burnout in Healthcare Workers

Support Resources for Healthcare Professionals

Ohio Physicians Health Program (OPHP)

OPHP provides confidential support and advocacy for healthcare professionals struggling with burnout, mental health, or substance use. They offer assessments, referrals, peer monitoring, and wellness programs tailored to healthcare providers.

Phone: (614) 841-9690

Email: info@ohphp.org

Website: <https://www.ohiophp.org/>

National Academy of Medicine - Clinician Well-Being Hub

A national initiative offering evidence-based resources to support mental health and reduce burnout in physicians, nurses, and other healthcare staff. Their toolkit includes webinars, research, and policy recommendations.

Website: nam.edu/clinicianwellbeing

Ohio Mental Health and Addiction Services - Frontline Worker Support

This statewide program offers mental health support specifically for frontline healthcare workers in Ohio. Services include 24/7 crisis support, peer support, and free access to therapy through the Careline.

Phone (Careline): 1-800-720-9616 (24/7, confidential)

Website: mha.ohio.gov

Email: mha@ohio.gov

The Dr. Lorna Breen Heroes' Foundation

Founded in honor of Dr. Lorna Breen, this national nonprofit advocates for the mental well-being of healthcare professionals. Offers educational campaigns, resources, and support for systemic change in healthcare workplaces.

Website: drlornabreen.org

Email: info@drlornabreen.org

Headspace for Healthcare Professionals

A complimentary subscription to the Headspace meditation and mindfulness app is available to U.S. healthcare professionals. It includes guided meditations, stress-reduction tools, and sleep support.

Website: headspace.com/healthcare

Contact: support@headspace.com

TAKING CARE OF HEALTHCARE WORKERS IS ESSENTIAL FOR A HEALTHY
COMMUNITY. IF YOU OR SOMEONE YOU KNOW IS STRUGGLING WITH
BURNOUT, DON'T WAIT TO REACH OUT.