


Mental Health Resources for Fusion Medical Staffing Travel Nurses

Operation Happy Nurse

<https://www.operationhappynurse.org/>

FREE perks and programs focused on improving the mental health and physical wellbeing of nurses with features like:

- Special discounts
- Self-Care, a podcast focused on nursing and mental health
- Online discussion boards and blogs
- Book Club
- Social events, from national nursing events to local events
- Resources for nutrition support, including weekly recipes and direct email access to a dietitian
- Fitness resource including workouts, meditation, and yoga routines

 **The Happy Nurse Program, a three-month experience where 30 nurses apply to work together and fight the stress, anxiety, and depression that plagues the nursing profession.**


The Emotional PPE Project


<https://emotionalppe.org>

FREE THERAPY for healthcare workers affected by the COVID and post-COVID landscape, provided by volunteer healthcare providers in every state. Contact qualified mental health professionals from the provided list (# of sessions varies).

Fusion Clinical Team

As a traveler, you need a solid support system both on and off assignment. The clinical team at Fusion relays industry changes, offers an enhanced level of understanding, and ensures you're matched with assignments where you'll succeed.

 **“We serve as a sounding board and advocate for our travelers and since we do have clinical knowledge, we can better understand the situations our travelers face and help guide them.”**
Manager of Clinical Services, Casey Morrison, RN, BSN





Don't Clock Out

<https://www.dontclockout.org/>

An Excellent FREE resource that focuses on supporting healthcare workers, and uplifting them through support groups and podcasts


Employee Assistance Program - TELUS Health

Life is full of challenges, and sometimes balancing it is difficult. We are proud to provide a confidential program dedicated to supporting the emotional health and well-being of our employees and their families. The TELUS Health employee assistance program (EAP) is provided at NO COST to you.

The EAP can help provide support in the following areas:

- Mental health
- Relationships or marital conflicts
- Child and eldercare
- Substance abuse
- Grief and loss
- Legal or financial issues

EAP Benefits

- Up to five (5) in-person sessions with a counselor per issue, per year, per individual
 - Access to online well-being assessments and tool kits
 - Perks and online shopping discounts
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