

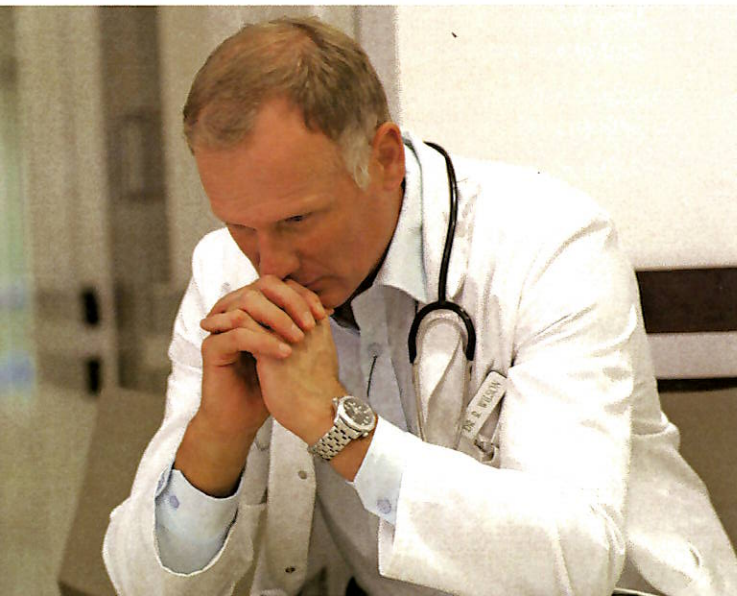
Managing expectations

As a physician, you expect yourself to be a tireless healer, a caring professional and a leader. It is what others expect of you too. Usually, this is what we deliver – whenever and wherever we are needed. And often in very challenging work environments.

These personal and external demands, however, may not cease when we are at home, on vacation or just trying to take a break. Often, the consequences can include stress and health, emotional and family problems.

If this sounds familiar, consider giving PRN a call. We offer a safe haven for you to explore and test practical solutions.

If you have questions or would like to schedule a free, confidential consultation, please call us at **(866) 454-3280**. Consultations can usually be scheduled within one week. You can also reach us at: fax: **(516) 466-6309** or email: **prn@northwell.edu**.



Physician's Resource Network

A service of Northwell Health's
Employee Assistance Program (EAP)
333 E. Shore Road, Suite 204
Manhasset, NY 11030
Phone: (866) 454-3280
Fax: (516) 466-6309
Email: prn@northwell.edu
Northwell.edu



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Employee Assistance Program (EAP)

Physician's Resource Network



While caring for others is rewarding, being a physician can also be challenging and demanding. That's why Northwell Health provides the Physician's Resource Network (PRN) for those looking for extra support throughout their careers.

What is the PRN?

The Physician's Resource Network is part of Northwell Health's Employee Assistance Program. Whether you need confidential consulting, professional coaching, medical practice education or help living a healthier lifestyle, we're here for you.

In addition, PRN provides confidential outreach services to staff members who have been adversely impacted by medical errors or other similar events. Our educational services – available at convenient locations – include stress reduction and anger management seminars, among others.



Sometimes our demanding lifestyles take a toll on our family members, too. PRN provides free consultation to them as well. You can call on a family member's behalf or they can contact us directly.

When should I contact the PRN?

You should consider contacting the PRN if you are:

- Stressed out
- Burned out or stretched to your limits
- Struggling to balance your work and personal life
- Having difficulty with concentration or memory
- Concerned that alcohol or drug use may be causing a problem
- Feeling down, exhausted, anxious or having trouble sleeping
- Dealing with tough training or practice issues
- Worried about a colleague, physician partner or family member
- Concerned about a legal or licensing issue
- Wondering what happened to the rewards and satisfactions of medicine



What services does PRN provide?

PRN offers personalized consultation, short-term counseling and appropriate referrals. We can help you:

- Learn to manage stress
- Recover from “burnout”
- Deal with workplace conflicts and communication problems
- Cope with adverse patient outcomes
- Manage depression, anxiety and other psychological problems
- Learn to sleep restfully
- Develop healthy strategies for managing anger and other strong emotions
- Find solutions to medical training and/or practice issues
- Build healthy relationships, strengthen families and create work-life balance
- Cope with life transitions and grieving
- Address unhealthy alcohol and drug use
- Rediscover the rewards and meaning in practicing medicine