Providence

You Matter.

And so does your mental health.

Healing begins with us.

Working in health care in any capacity can be challenging. If you feel it has taken a toll on your mental health, support is available today. Check out **www.MyMentalHealthMatters.live** for resources.

On the site, Providence caregivers will find:

- Videos from behavioral health experts
- Links to podcasts
- Helpful blogs
- Regional resources

We have a history of healing others. It's time to make our own healing a priority so we can better care for those around us, including our patients, family members and community.

MY MENTAL HEALTH
MATTERS