



Virtual Peer Support Network at Cambridge Health Alliance

Peer support for the CHA community

Other CHA Resources

[KGA: Our Employee
Assistance Program](#)

(company code: cha)

[Wellbeing Corner:
Decompression Tools](#)

[Center for
Mindfulness and
Compassion \(CMC\)](#)

[Clinician Health
Committee](#)

[Free Headspace
Memberships](#)

Many of us are feeling stressed, sad, and exhausted. We face challenges such as staffing shortages, increasing workforce safety issues, and many other personal and professional issues that impact our wellbeing. **Talking to someone who understands can help.**

We are partnering with the [Betsy Lehman Center for Patient Safety](#) on a Virtual Peer Support Network (VPSN). You have access to a network of trained peer supporters who work in healthcare and are available to help. Peer supporters volunteer their time because they are dedicated to providing encouragement, support, and resources to colleagues when they need it most.

How does it work?

Reach out to the VPSN (617-701-8101 or [fill out this form](#)).

You can choose a peer supporter from within the CHA community or from the VPSN. **You will be matched with a peer supporter** within 1-2 business days. **Talk to someone who understands.** All conversations are confidential.

Who is it for?

This is for **everyone at CHA**, regardless of your position.

Questions about the VPSN or Betsy Lehman Center

Contact Peer.Support@BetsyLehmanCenterMA.gov

