

Virtual Peer Support Network at Sturdy Memorial Hospital

Peer support for the medical community.

Many of us are feeling stressed, sad, and exhausted. Challenges stemming from the COVID-19 pandemic persist, as workers deal with staffing shortages, sicker patients, and increasing workforce safety issues. Talking to someone who understands can help.

That is why we are partnering with the Betsy Lehman Center for Patient Safety on a new Virtual Peer Support Network that gives you and your colleagues free access to a network of trained peer supporters across the Massachusetts medical community. These peer supporters are available to help you with the difficult feelings that can accompany working on the front line of health care.

HOW DOES IT WORK?

When you reach out to the Virtual Peer Support Network, you will be matched with either a peer from Sturdy Memorial Hospital or a peer from another health care organization in the state — the choice is yours. Peer supporters volunteer their time because they are dedicated to providing encouragement, support, and resources to colleagues when they need help. All conversations are confidential.

HOW DO I REACH OUT FOR SUPPORT?

You don't have to face these challenges alone. Reach out to the Virtual Peer Support Network to connect with a volunteer who understands what you're going through and can help. [Complete this form](#) or call 617-701-8101 and someone from the Betsy Lehman Center will get back to you in 1-2 business days.



WHO IS IT FOR?

The Virtual Peer Support Network is for anyone working in the medical community in Massachusetts. This can include:

- Physicians
- Nurses
- Advance Practice Providers (APPs)
- Pharmacists
- Lab technicians
- Public safety officers
- Environmental services staff
- Etc.

Please visit:

BetsyLehmanCenterMA.gov/VirtualPeerSupport