



**BETSY  
LEHMAN  
CENTER**  
for Patient Safety

Confidential

One-on-One

No Judgment

No Pressure

Virtual

# You show up for everyone else. **But who shows up for you?**

**When your job is caring for others, it's easy to forget about yourself.**

The Virtual Peer Support Network connects you one-on-one with someone who's been in your shoes. Whether you work in direct care, administration, environmental services, facilities, or another role, this support is for you. It's not therapy. Just a real conversation with someone who gets it. **Let's talk.**

**Visit us at [BetsyLehmanCenterMA.gov/VirtualSupport](https://BetsyLehmanCenterMA.gov/VirtualSupport)**



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more  
details



**VIRTUAL  
PEER SUPPORT  
NETWORK**