



# Supporting Ohio's healthcare workforce



*The Well-Being Checkup And Referral Engagement Service is a simple, free, and anonymous checkup of your mental and emotional health.*

**35 - 54%**  
*of nurses and physicians*

**45 - 60%**  
*of medical students/residents*

**experience substantial symptoms of burnout.**

In these trying times for healthcare professionals, tools that support your wellness and well-being are more important than ever. Using the **Well-Being CARE Service** is quick and easy:

1. Take the 10-minute questionnaire designed to help you assess your current state of mental health and well-being.
2. A licensed mental health professional will review the answers and you will receive a personalized response with recommendations.
3. You can choose whether you'd like to connect with the licensed mental health professional to establish a helpful relationship for further action. **Participation is free, voluntary and anonymous.**

*Thanks to the OSMA Foundation and in partnership with the Ohio Physician Health Program (OPHP) and the American Foundation for Suicide Prevention (AFSP), we are thrilled to provide this service to all Ohio healthcare workers.*



Learn More or Get Started at:  
**[WellBeingCARE.org](https://WellBeingCARE.org)**

**To discuss how you can support this initiative, contact:**

**Jacque Daley-Perrin**  
Foundation Executive Director  
[jdaleyperin@osma.org](mailto:jdaleyperin@osma.org) • (614) 527-6762 x245

powered by



**OSMA**  
Foundation

Ohio State Medical Association Foundation

**THE OSMA FOUNDATION** is the philanthropic arm of the Ohio State Medical Association. We promote excellence in Ohio's healthcare by supporting the medical community and creating opportunities that improve public health.