

# Virtual Peer Support Network at Beth Israel Lahey Health

*Peer support for all staff and clinicians*

**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 well-being. Talking to someone who understands can help.**

BILH partners with the Betsy Lehman Center for Patient Safety on a Virtual Peer Support Network (VPSN). You have free access to a network of trained peer supporters who work in health care and are available to help. Peer supporters (including many BILH staff members) volunteer their time because they are dedicated to providing encouragement, support, and resources to colleagues when they need help.

## How Does It Work?

When you reach out to the VPSN, you will be matched with either a peer from BILH or a peer from another health care organization in the state—the choice is yours. All conversations are confidential, and there is no cost to participate.

## How Can I Get Support?

Contact the Virtual Peer Support Network by [completing this form](#) or calling 617-701-8101. You will be matched with a peer supporter within 1-2 business days.

## Who Is It For?

This is for everyone at BILH, regardless of your position.



**Note:** Several BILH organizations offer peer support services; the VPSN program is an additional resource. Contact your leadership team to learn more about what may be offered at your entity.

### Get the Support You Need

Click [here](#) or scan the QR code and complete the form to contact the Virtual Peer Support Network or call **617-701-8101**.



**BETSY  
LEHMAN  
CENTER**  
for Patient Safety



**VIRTUAL  
PEER SUPPORT  
NETWORK**