



RESOURCE DOCUMENT

Supporting our Nursing Workforce

1. **Wisconsin Peer Alliance for Nurses (WisPAN):** <https://wipeeralliance.org/wispan2021@gmail.com>, 414-376-7002
2. National Suicide Prevention Lifeline: **988**, 1-800-273-8255
<https://suicidepreventionlifeline.org>
3. NurseGroups free confidential support for nurses <https://www.nursegroups.org/>
4. Operation Happy Nurse nonprofit nurse community to battle stress
<https://www.operationhappynurse.org/>
5. [ANA Healthy Nurse, Health Nation](#)
6. [American Nurses Foundation Well-being Initiative](#)
7. Nurse2Nurse Peer Support Helpline <https://nurse2nursesj.com/talk-to-us/>
8. Hallie Schwartz, LCSW [Nature and Nurture - Helping Professionals Support Group](#)
 - o hallieschwartz@natureandnurturepsychotherapy.com
9. The Emotional PPE Project free service to connect you with MH professionals
<https://emotionalppe.org/>
10. An Unlikely Addict: <http://www.unlikelyaddict.com/>
11. Dr. Lorna Breen Heroes Foundation: <https://drlornabreen.org>
12. Wisconsin Nurses Association (WNA): <https://www.wisconsinnurses.org/>
 - o Nurses Caring for Nurses: <https://www.wisconsinnurses.org/nurses-caring-for-nurses/>
13. Wisconsin Board of Nursing, Professional Assistance Procedure (PAP): [Professional Assistance Procedure](#)
14. Substance Abuse and Mental Health Services Administration (SAMHSA) [Tips for Healthcare Professionals](#)
15. Mindfulness apps:
 - o Insight Timer <https://insighttimer.com/>
 - o Moodfit <https://www.getmoodfit.com/>
 - o Calm <https://www.calm.com/>