

TEND HEALTH

SPECIALIZED MENTAL HEALTH CARE FOR

Health Care Professionals

AND HEALTH CARE ORGANIZATIONS



Recruitment • Clinician engagement • Patient satisfaction
Care team cohesion • Quality and safety

Clinician well-being matters

When wellbeing and mental health are inadequately addressed, organizations experience:

- High burnout, increased clinician sick time and leave, and even clinician suicide.
- High turnover and astronomical costs to replace your most critical resource.

A specialized workforce requires specialized care

Health care professionals experience compassion fatigue, grief, and burnout at significantly higher rates than other professions.

Appropriately treating the mental health of clinicians requires specialized training. That's where we come in.

Let's talk

connect@tend.health

www.tend.health

tend
HEALTH

Mental health

COUNSELING AND COACHING

- Highly accessible, private, confidential
- Clinicians specialized in caring for health care professionals
- Quick, easy online scheduling
- Next day appointments
- 24/7 access to clinicians
- Early morning, evening, weekend scheduling
- Delivered by phone, text, video
- Doctoral level clinicians

Consultation

- Review policies
- Recommend high-yield interventions
- Foster compassionate leadership
- Enhance mental health among faculty
- Create, sustain a culture of well-being

Education

Offered through webinars and presentations.

- Enhance meaning in being a clinician
- Mental health self-assessments
- Burnout, depression, substance abuse
- Mindful communication
- Difficult conversations

Skill development

Offered through longitudinal workshops or practice labs.

- Self-awareness
- Self-regulation
- Cognitive patterns
- Mindfulness
- Communication
- Burnout prevention
- Quieting the critical voice