Providing services to support our medical professionals

Life presents complex challenges. From everyday issues like job pressures and stress, relationships, pending retirement or the personal impact of grief, loss or a disability. This program can be your resource for professional and personal support. Within a fully confidential, private, and safe setting, providers can identify and explore issues of concern. *(This is a benefit for employed providers who are eligible to participate in CMH benefit programs.)*

**Service Features**

- The service includes an expedited and priority scheduling
- An initial assessment by phone to determine the appropriate resources to support you and your situation.
  - Resources available include professional coaches who specialize in physician stress & burnout, psychologists, therapists and a broad network of other specialists.
- Once the appropriate resource is identified up to three counseling sessions will be provided at no cost to you. If additional sessions are needed they may be self-paid (at a discounted rate) or may be covered by the CMH insurance program. (Health Savings Account funds may be able to be used for some services).
- If you self-refer to this service it will be on an anonymous basis. The organization will only be notified of the number of requests for service made in any month.

**Getting in Touch is Easy**

On the phone: Just one simple call. 207-926-4117 or mpalmer@docexecutive.com