

PHYSICIAN VITALITY NAVIGATION

Confidential resources to address job-related anxiety and depression



“Experts warn that the mental health of doctors is reaching the point of crisis--and the consequences of their unhappiness go far beyond their personal lives.”

-Time Magazine

Physicians are experiencing anxiety and depression due to job-related stress at an unprecedented rate. According to a study from the American Journal of Medicine, 42% of physicians report having job-related burnout, which is two times the general working population.

While experts suggest that a long-term solution to physician burnout is multi-faceted, the most urgent and vital step is to address and treat the immediate mental health needs of physicians.

However, many physicians hesitate to seek support or counseling because of their busy schedule, limited downtime, preconditioned residency survival mentality, confidentiality, licensure complications and employment fears.

For this reason, the Linden Oaks navigation team provides confidential guidance and referral options for physicians experiencing anxiety, depression and/or other symptoms due to physician burnout.

We assist in advising and connecting physicians with a vast network of psychiatrists and therapists who are NOT connected to their employed healthcare system but are within their insurance network, geographic region or offer virtual options.

Navigation Services

- Free, anonymous and available seven days a week
- One local point of contact for confidential guidance and referrals
- Access to a network of psychiatrists and therapists within your insurance network and NOT affiliated with your healthcare system and/or self pay options
- Virtual and in-person options within the Chicagoland area

Connect with a Navigator

- For more information or to discuss support and treatment options, call or text a Physician Vitality navigator at: **(630) 407-1725**.

Scott W. Yates (2020) Physician Stress and Burnout. The American Journal of Medicine: September 2019, Vol 133, Issue 2, P 160-164.