



**Northwell Health Employee Assistance Program (EAP) and
Physician's Resource Network (PRN)
The Physician's Resource Network**

As a physician working at one of the nation's leading healthcare organizations, you face considerable demands. You are expected to deliver the highest standard of care while maintaining the highest professional standards. In order to do this, it is vital that you not ignore your personal and mental health needs.

The Physician's Resource Network (PRN) is a special division within Northwell Health's Employee Assistance Program (EAP) designed to provide free, confidential counseling services to medical students and members of the Northwell medical staff. In addition to providing direct services, PRN assists with referrals to a select group of behavioral health providers located near Northwell facilities. Members of this group are selected not only for their clinical skill but also for their knowledge of how to help medical professionals address issues typically confronted by physicians in their professional and personal lives.

According to Jeffrey Selzer, M.D., director of PRN, "research on physician health suggests that physicians who have good personal health practices take better care of patients. In this way, the benefit of greater physician well-being may extend to patients." Dr. Selzer advises that it's important to take the time to assess one's well being and consider new ways of coping with the stresses inherent in medical practice. Examples of circumstances which have led to consultation with PRN include:

- Conflicts with colleagues at work
- The emotional effects of untoward events
- Relationship difficulties with significant others
- Substance misuse and other maladaptive types of stress relief
- Loss of enthusiasm about work

"The demands that medical professionals face not only affect them, but their families as well" said Dr. Selzer. For this reason, PRN is happy to work with physician family members as a part of what is provided to physicians seeking help.

PRN's goal is to help members of the Northwell medical staff develop plans to improve personal and professional wellbeing. Research has shown that concerns about confidentiality are a major barrier to physician access to counseling. Contact with PRN and use of its services are completely confidential. According to Dr. Selzer, "Northwell's belief in the importance of the wellbeing of its medical staff is demonstrated in its solid support for PRN including its confidentiality." No problem is too small if it's causing you distress and in the way of a more fulfilling career.

To speak confidentially with someone about how PRN may be of assistance to you, please call 866-454-3280.