



What do we expect of ourselves as physicians?

As a physician, you expect yourself to be a tireless healer, a caring professional, an “evidence-based” practitioner and a leader. It is what others expect of you too. Usually, this is what we deliver – day-in and day-out, 24/7 – whenever and wherever we are needed, often in very challenging work environments.

These personal and external demands, however, may not cease when we are at home, on vacation or just trying to take a break. Often, the consequences are stress, burnout, or health, emotional and family problems. If this sounds familiar, give PRN a call. We offer a safe haven for you to explore and test practical solutions.

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Physician’s Resource Network

A service of North Shore-LIJ
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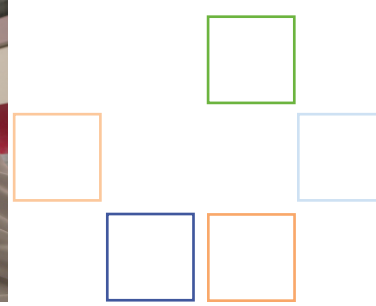
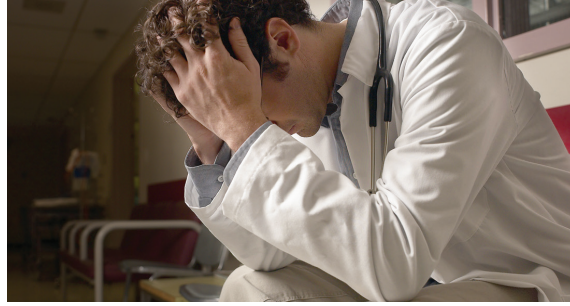
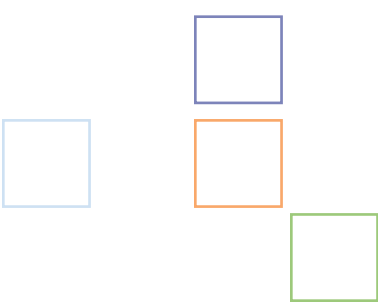


Physician’s Resource Network

North Shore-LIJ
Employee Assistance Program

*Confidential Consultation & Support
Service for Physicians*





Did you know about the free, discrete and confidential consultation and support services of Physician’s Resource Network (PRN)?

- Stressed out?
- Burned out, stretched to the limits?
- Struggling to balance your work and personal life?
- Having difficulty with concentration or memory?
- Concerned that alcohol or drug use may be causing a problem?
- Feeling down, exhausted, anxious, or having trouble sleeping?
- Dealing with tough training or practice issues?
- Worried about a colleague, physician partner, or family member?
- Concerned about a legal or licensing issue?
- Wondering what happened to the rewards and satisfactions of medicine?

What is the Physician’s Resource Network?

PRN is part of North Shore-LIJ Health System’s Employee Assistance Program. It is designed to meet the particular needs of physicians. These services include confidential consulting, professional coaching and counseling, as well as healthy lifestyle and medical practice education. Our behavioral health providers are experienced in addressing issues often encountered by medical professionals.

In addition, PRN provides confidential outreach services to staff members adversely impacted by medical errors or other untoward events. Educational services – available at convenient locations – include stress reduction and anger management seminars, among others.

Sometimes our demanding lifestyles take a toll on our family members too. PRN provides free consultation to them as well. You can call on their behalf or they can contact us directly.

If you have questions, or would like to schedule a confidential consultation, please call us at (866) 454-3280.

What services does PRN provide?

PRN offers personalized consultation, short-term counseling, and appropriate referrals. We can help you:

- Learn to manage stress
- Recover from “burnout”
- Deal with workplace conflicts and communication problems
- Cope with adverse patient outcomes
- Manage depression, anxiety, and other psychological problems
- Learn to sleep restfully
- Learn healthy ways to manage anger and other strong emotions
- Find solutions to medical training and/or practice issues
- Build healthy relationships, strengthen families, and create work-life balance
- Cope with life transitions and grieving
- Address unhealthy alcohol and drug use
- Regain the rewards and meaning in practicing medicine

Our services are confidential and free of charge. Consultations can usually be scheduled within one week. Every effort is made to respond confidentially and appropriately to requests for help.

Consultations are free and confidential.

