



# What to do When a Healthcare Professional Needs Help

## General Objectives:

- Identify prevalence and signs of substance use disorders, mental health disorders, and burnout in healthcare professionals
- Discuss how to approach a colleague who needs help
- Address fear-based assumptions with reaching out to a colleague who needs help
- Outline OhioPHP's role in helping struggling healthcare professionals
- Provide additional resources for seeking help

## Description:

Healthcare professionals in Ohio are struggling with substance use disorders, mental health disorders, and burnout. Because healthcare workers are expected to be superhumans, it's intimidating to ask for help. This presentation aims to stop the stigma around asking for help and empower our healthcare heroes to recognize when a colleague may be struggling. This presentation educates healthcare professionals on how to identify the signs and symptoms of substance use disorders, mental health disorders, and burnout so that they can reach out to a struggling colleague or ask for help themselves. There are interactive poll questions, case examples, and Q&A to engage the audience and apply the information to their work and lives.

## Timed Agenda:

0:00-5:00 | Introduction and Overview

5:00-15:00 | Prevalence and Signs of Substance Use Disorders, Mental Health Disorders, and Burnout

15:00-25:00 | How to Approach a Colleague Who Needs Help

25:00-35:00 | Addressing Fear-Based Assumptions

35:00-45:00 | OhioPHP's Role in Helping Healthcare Professionals

45:00-55:00 | Additional Resources for Seeking Help

55:00-60:00 | Conclusion and Q&A