



New Hampshire
Professionals Health Program

HERE TO HELP!

As we reflect on our ongoing battle with the pandemic, it may be time to evaluate how the experience of long hours, increased personal and professional stress, and isolation from friends and family has impacted your practice. At the NH Professionals Health Program (NPHP), referrals relating to burnout, work-related conflicts and psychiatric and/or behavioral health issues are on the rise among New Hampshire health care professionals in addition to increased use of alcohol and other substances of abuse. And this of course is NOT surprising news, but it is alarming.

The New Hampshire Professional Health Program (NPHP) is HERE TO HELP! We offer a confidential pathway for those licensees who recognize the need to self-report and enter into treatment and monitoring without any perceived penalty or licensing board involvement. Our experience shows that early intervention and treatment offers the best opportunity for a successful outcome and for preventing a health issue from becoming a work issue.

NPHP's services are free to NH licensed certified recovery support workers, chiropractors, dentists, dieticians, licensed alcohol and drug counselors, mental health practitioners, midwives, nurse licensees, optometrists, pharmacists, physicians, physician assistants, podiatrists, psychologists, and veterinarians. If you, a colleague, or a licensed family member are experiencing difficulties with:

- alcohol, drugs, or other substances of abuse
- depression, anxiety or other mental health issues
- professional burnout or work-related conflict
- marital or family life matters

make a call or visit to our website today, **before** an incident comes to the attention of your licensing board or employer. It is worth your time and your **license...hope, healing and recovery are just a phone call away.**

For a confidential discussion call NPHP Medical Director,
Dr. Molly Rossignol at (603) 491-5036

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