



SPAN

STATEWIDE PEER ASSISTANCE FOR NURSES ■ NYSNA

SUPPORT, ADVOCACY, EDUCATION

Did You Know?

SPAN is here for you during COVID19 & beyond

- SPAN acknowledges nurses are prone to occupational stress as a result of COVID19.
- SPAN is a free resource for confidential support regarding substance use.
- *Be Aware:* Nurses are at increased risk of self medicating PTSD, depression and anxiety symptoms, sometimes with alcohol or other substances. SPAN can offer help.
- SPAN has increased access to peer support via online groups during COVID19.
- SPAN offers free debriefing support. Ask how we can help *your* organization.
- Peer support services are available to new graduate nurses entering practice.
- We can provide virtual educational presentations.
- Follow SPAN on Facebook and Instagram for wellness information.
- Free downloads of flyers, pamphlets and educational videos:
<https://www.statewidepeerassistance.org/>