Employee Resources

At *ABC Animal Hospital* we care about your physical and emotional well-being. The work that you do every day can wear on any professional. Below are a list of resources we want to make sure our family @ *ABC Ani**mal Hospital* is aware of, and has access to. At any time you can reach out to the resources below and be sure that your conversations are 100% confidential. Please also know that we are available should you need to talk to us.

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| **Resource** | **Information** | **About** |
| Employee Assistance Plan | Plan #:  Contact: | An EAP is a confidential way of getting help on many things that may effect your health, mental or emotional well-being. |
| Counseling Through Health Plan | Plan #:  Contact: |  |
| Local Therapist | Inform the number below that you work @ ABC Animal Clinic.  Contact: |  |
| Crisis Text Line | Text “HOME” to 741741 | This is a support line that is crisis support exclusively through text messaging, 24/7. |
| National Suicide Prevention Hotline | 1-800-273-8255 | A 24/7 confidential contact for those that need support in preventing and/or managing a crisis. |