

**It is normal during this time to feel exhausted, stressed out, sad or anxious.**

**You are not alone.  
Support is available.**

**Simply scan the QR code using your phone's camera to share your contact information with the Peers in Need of Support (PiNS) team. You can also email [pins@nebraskamed.com](mailto:pins@nebraskamed.com). Someone will reach out to you promptly.**



*You can also call the Employee Assistance Program (EAP) 24/7 to reach a professional counselor.*

**Nebraska Medicine colleagues: 1.888.881.5462 or visit [supportline.com](http://supportline.com)**

**UNMC colleagues: 402.330.0960 or 1.800.922.7379**



**UNMC**  
**Nebraska  
Medicine**