



Support for Vicarious Trauma





Working in high-stress environments can take an emotional toll. Bree Health provides confidential support for professionals experiencing vicarious trauma, helping you build resilience and manage stress effectively.

- **Immediate Support & Coaching:** Connect with a Certified Life Coach or counselor for strategies to manage stress, burnout, and emotional fatigue.
- **Personalized Well-Being Solutions:** Access tailored Solutions Paths designed to support mental resilience and recovery from secondary trauma.
- **Self-Guided Healing Resources:** Explore Bree Health's Video Library for guided meditations, stress management techniques, and emotional well-being insights.
- **Confidential & Secure:** Your privacy is protected, ensuring you receive the support you need without barriers.

Access Barrier-Free Mental Health Resources via the Mobile App.



 (800) 327-2255

 login.breehealth.com

 Mobile App: Bree Health