

Toxic Workplaces: Where to Find Help

A few resources to help you
reclaim your life:

- * Recovery groups
- * Create a wellness plan with your doctor
- * Talk to a pastor or priest
- * Find a healthy church
- * Go to counseling
- * Find a mentor
- * Join an accountability group
- * Take a vacation
- * Do career testing for new possibilities
- * Take excellent care of yourself
- * Start a new hobby or sport
- * Make time for who & what matters to you
- * Call the Suicide Prevention Hotline at
1-800-273-8255

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