

# Clinician Peer Support Program of Central New York (CPSP-CNY)

[clinicianpeertopeer@bassett.org](mailto:clinicianpeertopeer@bassett.org)

(607) 547-3244

**Confidential peer support** is available for physicians, advanced practice clinicians, nurses, residents, behavioral health clinicians, and respiratory therapists.

**Why is peer support important?** Peer support is effective in reducing clinician distress and burnout and, in turn, may help improve the capacity for excellent patient care. Peer support helped decrease suicide rates when employed in other high stress professions. In especially stressful times, clinicians can speak confidentially with a trained peer supporter from one of our partner organizations. Trained supporters will proactively reach out to offer peer support when stressful situations are identified.

**Are you worried about a colleague? Are you a clinician who is feeling burned out or are under a lot of stress?** To self-refer or to refer a colleague:

- Email [clinicianpeertopeer@bassett.org](mailto:clinicianpeertopeer@bassett.org)
- Call (607) 547-3244

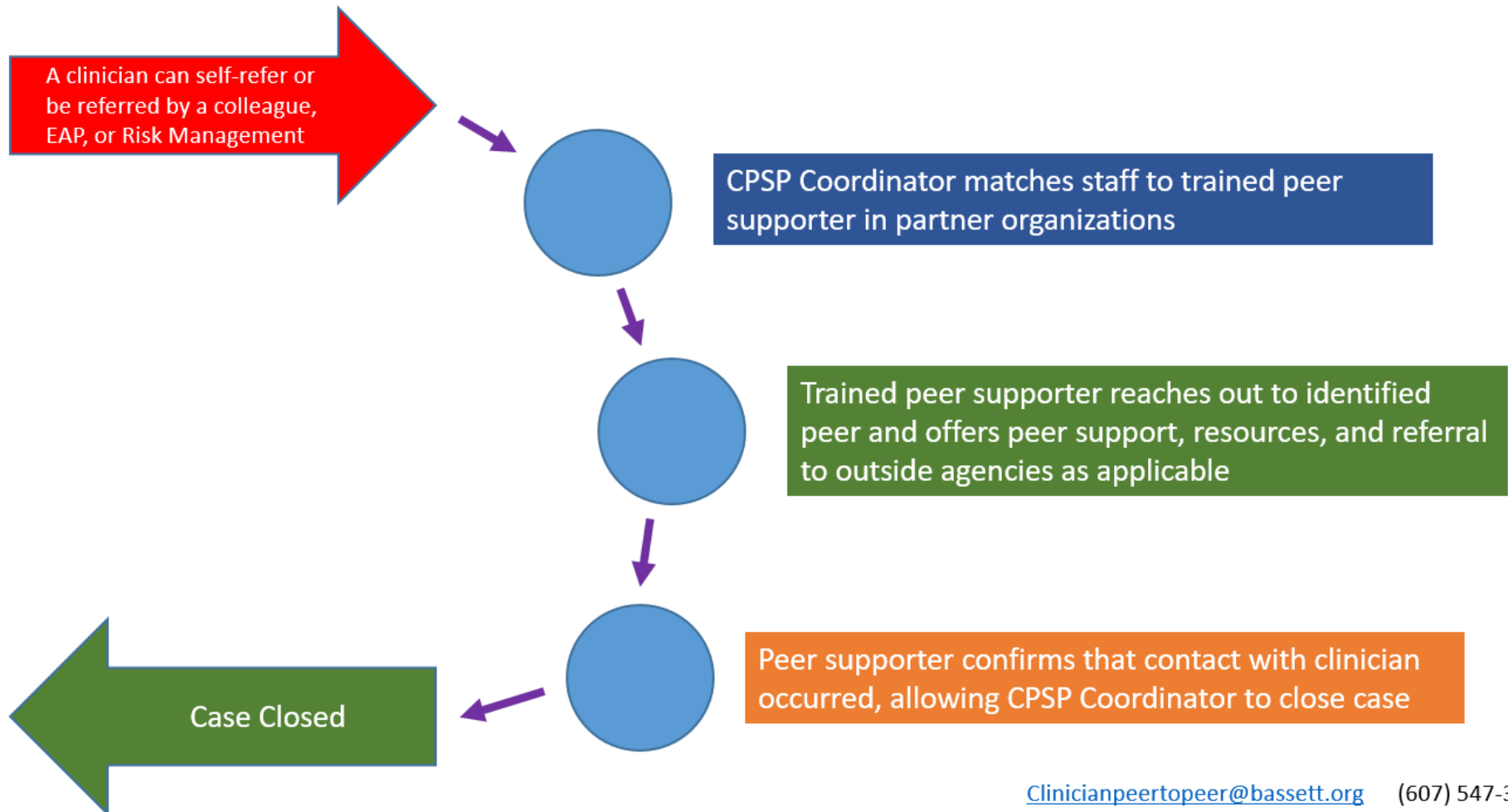
**Please provide:**

- ✓ The name of the clinician and their general job (physician, nurse, resident, APC, behavioral health clinician, respiratory therapist) and type of work (surgery, ER, outpatient, etc.)
- ✓ The person's contact information
- ✓ The institution where they practice
- ✓ A brief statement about concerns

A trained peer-supporter will reach out to by email to arrange for a mutually convenient time to talk.

*\*\*\*The Clinician Peer Support Program is confidential and participation is voluntary\*\*\**

# Clinician Peer Support Program (CPSP) Process



## About the Program

### CPSP-CNY

- Provides easily accessible, personal & confidential peer support to clinicians.
- Peer support is available to:
  - Physicians
  - Nurses
  - Advanced Practice Clinicians
  - Residents and fellows in training
  - Behavioral Health Clinicians
  - Respiratory Therapists
- Peer support helps decrease stress and burnout.
- Peer supporters are colleagues who are trained volunteers.
- CPSP-CNY enhances anonymity by connecting clinicians with peer supporters from our partner organizations, outside of your home institution.

\*\*\*Please note: CPSP-CNY is **NOT** an emergency service. Should you or the person you are referring require urgent assistance, call 9-1-1 or your local crisis hotline.\*\*\*

### Mental Health Hot Lines

[National Suicide Prevention Lifeline](#) – Call 800-273-TALK (8255)

If you or someone you know is in crisis—whether they are considering suicide or not—call the toll-free Lifeline speak with a trained crisis counselor 24/7, a confidential and free call.

[Crisis Text Line](#) – Text NAMI to 741-741

Connect with a trained crisis counselor to receive free, 24/7 crisis support via text message.

- **Mobile Crisis Assessment Team (MCAT)** at (315) 732-6228 or (844) 732-6228 - MCAT provides help during a crisis to children and adults in **Oneida, Herkimer, Schoharie, Otsego, Delaware and Chenango Counties.**
- **Liberty Resources Mobile Crisis Team – Onondaga County** 315-251-0800 Email: info@liberty-resources.org; Website: www.liberty-resources.org
- **Fulton / Montgomery Counties:** (518) 842-9111
- **Albany County Mobile Crisis Team:** (518) 549-6500
- **Columbia / Greene Counties MCAT:** (518) 943-5555 (MCAT 12 noon - 8 pm)
- **Madison County:** 315-366-2327 and press 1 (5 pm – 8 am)
- **Oneida County:** 315-732-6228
- **Schenectady County Mobile Crisis:** 518-292-5499 (Mon-Fri 8am-10pm and Sat.-Sun 11am-7pm).
- **Cayuga County Community Mental Health Center:** (315) 253-0341 (24/7). In case of a crisis, you can also go to the office during business hours (Monday to Friday, 8:30am to 4:30pm; 146 North Street, Auburn, NY 13021).

**CPSP-CNY is possible thanks to volunteer clinicians from The Bassett Healthcare Network, Upstate Medical University, The Mohawk Valley Health Systems, Oneida Health and Auburn Community Hospital and through a generous grant from the [NYS Health Foundation](#).**