

Getting Support

Activity for Healthy Healers (Pre Course & Week One)

One of the goals for the Healthy Healer course is knowing and using your support network. Complete the form below, before our next class session. (If you would like to add other "Help" situations, include those too.) Week one will cover what makes a good job and begin discussing the concept of a support network. Print this form out, or keep it somewhere you can find quickly. One of the ANTHC counselors will join us during our next class session and reference this activity.

Situation	Name & Phone number or e-mail
Regional IT staff for computer & technology questions:	
A community or family member I can turn to (if I am under a lot of stress):	
<i>Another</i> community or family member I can turn to (if I am under a lot of stress):	
Co-worker I can turn to, if I need help or under stress:	
Learning Partner:	
Supervisor:	
Regional Employee Assistance Program:	
Local or Regional Behavioral Health Support:	
Other?	
Other?	

Healthy Healer Team (educational questions related to the course)

- Becky Judd, Group 1 Facilitator: bjudd.sbs@smallstones.net Call/text (907) 301-9725
- Susan Soule, Group 2 Facilitator: ssoule@gmail.com. Call (907) 230-4969
- Joan Coy, course navigation or Adobe Connect problems: joancoy1@gmail.com
- Arthur Padillia, evaluator and project assistance: healthyhealers2015@gmail.com

ANTHC Counselors (for personal issues during the course if local/regional resources are not available)

Laura Biaz & Xio Owens: call or text: 907-744-0272.