



# MCMS Physician Wellness Program

A free program, *by physicians serving physicians*, to support members of the McLennan County Medical Society.



**If you are struggling with significant psychological, emotional or financial stressors, please utilize this resource. It is meant for our local Waco physicians.**

## Why it Works:

- Counseling sessions with licensed therapists experienced in burnout, chronic stress, depression and addiction
- Self-referral only - not punitive or compulsory
- Complete confidentiality - not reported for credentialing or licensing renewals
- No medical record, diagnosis made or insurance billing

## How it Works:

- MCMS provides up to 4 free sessions per year for members
- Appointments made via dedicated & confidential phone source. They may be virtual or in person.
- Same day responses & appointments within 72 hours of request

## Let Us Help

To schedule an appointment, call or text **(254) 457-0433** or email [LifeBridge@mclennancountymedicine.org](mailto:LifeBridge@mclennancountymedicine.org)

For additional information, visit [www.mclennancountymedicine.org/lifebridge](http://www.mclennancountymedicine.org/lifebridge)

Verify membership status by calling MCMS at (254)776-2882 or emailing [admin@mclennancountymedicine.org](mailto:admin@mclennancountymedicine.org)



LifeBridge is about having a safe harbor to empower and equip you with the tools you need to take care of yourself as well as you take care of your patients.