



January 2, 2024

To the Members of the LifeBridge Nebraska Team,

I am writing to endorse and express my enthusiastic support for the LifeBridge Nebraska program, a commendable initiative aimed at promoting physician wellness and advancing behavioral health among our medical professionals.

LifeBridge Nebraska proves to be an instrumental tool in fostering a culture of well-being within our medical community. Through its multifaceted approach which combines access to peer coaching and educational resources, the program shows promise in promoting mental wellness among physicians.

The demanding nature of the medical profession often leads to high levels of stress, burnout, and emotional exhaustion among healthcare providers. LifeBridge Nebraska's proactive efforts in providing accessible avenues for physicians to seek support, guidance, and resources play a pivotal role in preventing and addressing burnout, stress-related illnesses, and mental health concerns within our healthcare workforce.

Furthermore, by actively engaging physicians in discussions surrounding behavioral health, LifeBridge Nebraska helps in reducing the stigma associated with seeking mental health support in the medical field. This, in turn, encourages a more open and supportive environment wherein physicians feel empowered to prioritize their mental and emotional well-being without fear of judgment or professional repercussions.

The Nebraska Division of Behavioral Health proudly endorses LifeBridge Nebraska for its unwavering commitment to promoting physician wellness and enhancing behavioral health support for our invaluable healthcare professionals. Programs like LifeBridge Nebraska is essential for the sustained well-being of our healthcare workforce and supporting the delivery of quality patient care in our state.

Thank you for your dedication to supporting the well-being of our physicians,

Tony Green  
Interim Director, Division of Behavioral Health