Dear Health Professional,

We understand that many people are reluctant to seek help for mental health concerns. We want to introduce you to a new resource that’s now available to health professionals in Tennessee, both licensed and in training. Life can be stressful at times. Whatever you’re struggling with – family pressures, work/career issues, relationships, grief, stress, or financial concerns – it is easy to get overwhelmed without an idea of where to turn for support.

The TN-PSQ, or Professional Screening Questionnaire, is a safe and secure online tool that is being made available to health professionals throughout Tennessee.

It’s as simple as...Click, connect and chat!

How TN-PSQ Works

CLICK

Access the TN PSQ website: tn.providerwellness.org

CONNECT

Sign up with a user ID and password – allowing for complete anonymity
Take the Stress & Questionnaire
Receive feedback and support from a program counselor

CHAT

Exchange messages with the counselor— ask questions and learn about available services
You decide how to continue: you can make an appointment, request a referral or do nothing more – it’s all up to you.

Key Principles of TN-PSQ

Complete Anonymity
Your User ID will be unique to you and can be anything you choose. Your identity will not be known to the counselor unless you choose to share it.

Personalized Contact with Program Counselors
Instead of computerized feedback, you will receive a personal response to your questionnaire from a program counselor.

Connection and Support
Counselors will respond to the experiences you share and provide you with the support you need – whether that be someone to listen or to help connect you to other services.

Interactive Engagement
You will have the opportunity to exchange messages with the counselor through the TN PSQ website – ask questions, get feedback and support.

Questions? Contact Brenda Williams-Denbo, brendaw@e-tmf.org, 615-467-6411