

# LIFE CAN BE STRESSFUL AT TIMES.

Whatever you're struggling with—family pressures, work, relationship issues, grief, stress or financial concerns—it is easy to get overwhelmed without an idea of where to turn for support.



The TN-PSQ is a **SAFE AND SECURE ONLINE TOOL** now available to health professionals in Tennessee, both licensed and in training: physicians, PAs, chiropractors, veterinarians, podiatrists, optometrists, x-ray technologists, clinical perfusionists, respiratory therapists, pharmacists. **It's as simple as:**



**CLICK • CONNECT • CHAT**

*Visit the link below to take an anonymous  
mental health screening and find resources nearby.*

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**The Tennessee Professional Screening Questionnaire (TN-PSQ) is a free, voluntary, confidential, anonymous** mental health screening tool for health professionals served by the TMF.

This is a NON-crisis service that will result in referrals to appropriate mental health resources and optional interaction with a mental health professional. **If you are currently in crisis, please call the National Suicide Prevention Hotline at 988 or the Tennessee Statewide Crisis Line at 855-274-7471.**

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