Support Your Well-Being

We understand the stress and trauma our healthcare professionals may experience on the front lines while serving patients across the country. AMN Healthcare offers multiple options to support you and your well-being during this time.

On-Demand Counseling Services:

If you need to talk to someone immediately or by scheduling a future appointment, we’ve got you covered.

AMN’s Employee Assistance Program (EAP) has crisis counselors available 24/7 to provide you with on-the-spot counseling services.

Tele-Health for Doctor Visits:

If you are enrolled in health insurance with AMN Healthcare, you have low cost tele-health services available through your carrier. This includes visits for regular doctor needs (headaches, sore throat, allergies, stomachache, etc.) as well as mental health appointments.

Well-Being Resources

**Online Fitness**

- **Wellbeats**: Library of Fitness Videos
- **Grokker**: Library of Fitness Videos

**Meditation**

- **Calm Health**: Meditation and Sleep Support
- **Inside Timer**: Meditation and Sleep App

Well-Being resources are at no cost during the COVID crisis. Deadline for no cost use varies by provider.

Here when you need us.

**Web ID**: AMNHEALTHCARE
**Call**: (844) 888-9780
**TDD**: (800) 697-0353
**Online**: guidanceresources.com
**App**: GuidanceResources® Now

Use the chart to find who your provider is based on your medical plan carrier.