


# Feeling Stressed or Depressed?

Learn how stress, burnout, and depression may be affecting you. Participate in the Interactive Screening Program (ISP) to communicate with a support counselor **anonymously and confidentially**.

## WHAT IS BURNOUT?

-  **80%\*** High emotional exhaustion
-  **61%\*** High sense of depersonalisation
-  **44%\*** Low sense of personal achievement

Don't wait to get advice or treatment:  
**[riseatnatividad.com/isp](https://riseatnatividad.com/isp)**

\*as endorsed by physicians



**American  
Foundation  
for Suicide  
Prevention**

