



AANA American Association of
NURSE ANESTHESIOLOGY

WELL-BEING

[AANAWellness.com](https://www.aanawellness.com) + [AANAPeerAssistance.com](https://www.aanapeerassistance.com)

Resources to support all aspects of personal and professional well-being

**Emotional | Mental | Physical | Student Wellness
Workplace Wellness | Substance Use Disorder**



800-654-5167
24/7 Confidential Live Support

If you or a CRNA/student you know struggles with alcohol or other drugs, help is available.



Scan the QR code to add the AANA Helpline to your mobile device's contacts.

[AANA.com/GettingHelp](https://www.aana.com/GettingHelp)