



# ALL IN: Caring for North Carolina's Caregivers



## Break Down Barriers for Help-Seeking

### Become a Wellbeing First Champion

Intrusive, stigmatizing questions on credentialing applications prevent many health workers from seeking mental health care because they fear losing their job. Auditing and updating credentialing applications removes barriers to care, and communicating about this change sends a clear message to health workers that an organization supports their mental health and wellbeing.

**Phase 1: Break Down Barriers for Help-Seeking supports hospitals and health systems in participating in the Wellbeing First Champion Challenge for Credentialing and ensuring their applications are free from intrusive mental health questions and stigmatizing language.**

### What To Expect



All hospitals and health systems in North Carolina participating in ALL IN: Caring for North Carolina's Caregivers use the *Symphony* platform to access the **Credentialing Toolkit for Hospitals and Health Systems** to take three steps.

- **Audit** all credentialing applications, addendums, and peer review forms.
- **Change** any invasive or stigmatizing language around mental health.
- **Submit** applications to verify they are free from intrusive questions.



Once applications are verified, organizations are recognized as a Wellbeing First Champion and provided a toolkit to **Communicate** these changes to their workforce and assure them it is safer for them to seek care.



The Wellbeing First Champion Badge serves as a **visual recognition** for health workers. When health workers are deciding in which state or organization to work, the Badge serves as a **standardized form of communication** that a location will not require health workers to answer intrusive mental health questions.

Download  
Toolkit



\* Phase 1 is not a prerequisite for Phases 2 and 3.

