

### **American Psychiatric Nurses Association (APNA) Commitment to Clinician Wellbeing**

Mental health drives wellness. Sound mental health provides the stable foundation upon which a person can build, in partnership with providers of care as needed, their own long-term physical health and well-being. This in turn leads to healthy communities which meaningfully contribute to society. For health care clinicians, mental health serves as the foundation for both their own overall health and the support they provide their patients. To support nurses and other providers in building a firm foundation in mental health and thus cultivate their own wellness, APNA is committed to providing resources and continuing education which offer practical tools and strategies for self-care and bolstering resilience.