

## ***Wellness and mental health resources for coping with COVID-19***

The emergence of COVID-19 has created a great deal of stress and uncertainty for patients, our fellow health care workers and the community at large. Below are resources compiled from Partners programming. This is not an exhaustive list but will be updated as we learn more.

- An urgent behavioral and mental health services support line is available for all employees needing help as a result of the COVID-19 pandemic. Call 1-617-724-7150 for assistance.
- [Employee Assistance Program](#) (EAP) is available to provide wellness resources and emotional supports
  - Staff can call 866-724-4327 to set up virtual counseling sessions (multiple languages available via language line)
  - [Coping resources](#) specifically for healthcare providers
  - [Coping and overcoming isolation during social/physical distancing](#)
  - [Managing the Fear of Coronavirus](#)
  - EAP availability and [mini-sessions on relaxation](#)
  - Create an [emergency plan to prepare for the coronavirus](#)
- MGH Clay Center resources on talking with children about the coronavirus pandemic
  - [7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#) (English)
  - [7 maneras de apoyar a niños y adolescentes durante la pandemia del coronavirus](#) (Spanish)
  - [Advice on playdates, social distancing, and healthy behaviors to help prevent infection](#)
  - [COVID-19: Helpful Q&A for Parents](#)
  - [Online Parenting Courses: Collaborative Problem Solving](#)
- MGH Psychiatry has developed a guide to [COVID-19 mental health resources](#)
  - **MGH Psychiatry CARES Clinic:** Brief virtual individual mental health sessions for employees at MGH and MGH-affiliated hospitals who are experiencing high levels of stress, trauma or bereavement because of the impact of providing COVID-related service in the hospital or outpatient clinics
    - At least 1-3 virtual sessions with a skilled psychologist to help identify concerns and support staff through this crisis period, with further referral or longer-term treatment if needed
    - **To refer yourself or one of your staff**, call 617-724-7150
    - Contacts: [Marti Kane](#) or [Justin Chen](#)
  - **Online Resiliency Training (RAMP):** MGH Psychiatry has designed [three different online courses](#) to help hospital personnel cope with stress during the COVID-19 pandemic
- McLean Hospital resources open to all
  - Article on [Caring for your Mental Health During COVID-19](#)
  - [Five Ways to Reduce Anxiety During the COVID Outbreak](#)
  - Additional [wellness materials](#)
- Partners Pulse has a new [website](#) dedicated to mental health and wellness

- Benson-Henry Institute resources
  - Clinicians on the front lines encouraged to sign up for 1-hour [resiliency group sessions](#)
  - **Youth resiliency groups:** To manage stress and build resilience in children and adolescents, the Benson-Henry is offering [Resilient Youth workshops](#) for kids in grades 1-12. The workshops will be held twice weekly for three weeks. There are also plans to add more trainings and multilingual facilitators.

### [Connecting through Conversation](#)

Facilitated by OMCOSS (Office of Mediation, Coaching, Ombuds and Support Services) these virtual gatherings will provide a safe and confidential space to connect, share challenges, and talk about coping and self-care. We are in this together.

- **Who?** All Brigham Health workforce members welcome
- **When?** Weekly **Wednesdays 8:00 – 9:00 am** and **new! Thursdays 4:00 – 5:00 p.m.** Come once, come weekly, it's up to you
  - **How?** Email [bhomcoss@partners.org](mailto:bhomcoss@partners.org) Put "Register for Group on Wednesday" or "Register for Group on Thursday" in the message and we will send you a calendar invite
- [MGH Spiritual Care](#) Department is available 24/7 to staff. They provide in person and telephonic support.
  - Contact by page at pager #27302 or by phone 617-726-2220
  - They have developed a multi-faith resource [document](#) with some content available in other languages
  - Roman Catholic Mass in Spanish on MGH's Channel 16  
Patients: To meet the spiritual needs of our Roman Catholic Spanish-speaking patients, the MGH Spiritual Care Department will offer a Roman Catholic Mass in Spanish every Monday and Wednesday at 12:15 pm. It will be broadcast over Channel 16 of MGH's TV network. Padre Reynaldo Escobar of Chelsea's St. Rose of Lima will say the mass.
- [Caring for the Clinician](#) by Sue E. Morris, PsyD, Director of Bereavement Services at Dana-Farber Cancer Institute
- Several apps are also available, which have been clinically vetted by Partners mental health experts:
  - **The Headspace app**, available via iOS, Android or desktop, offers sets of guided meditations aimed at tackling problems related to anxiety, sleeplessness and relationships.
  - **The Evermind app**, available via iOS and Android, can help you build resilience and handle stress using cognitive behavioral therapy techniques. In the app, you can access guided programs on improving sleep, disconnecting, challenging negative thought patterns and more.
  - **The Care Online: iCBT program**, available via iOS, Android or desktop, is an online self-directed cognitive behavioral therapy course offered to patients with anxiety or low-to-moderate levels of depression to help them self-manage symptoms of these conditions.
- [Schwartz Center](#) has a full list of materials for health care providers
- The Center for Faculty Development has a new Office for Well Being. The [website](#) lists many resources for employees.
- **Other Resources**

- **Psychological First Aid:** In response to the pandemic, some disaster psychologists and their colleagues are reaching out with Psychological First Aid. This approach, commonly used in the aftermath of acute disasters, aims to reduce immediate distress and improve adaptive functioning in the face of a traumatic event.
  - View this [factsheet](#) developed by SAMHSA on how the techniques can be used by first responders.
  - Dr. James Halpern, American Red Cross, shares [Managing Stress for Health Care Workers in a Public Health Emergency](#), a 35-minute video on Psychological First Aid that can be viewed at your convenience and pace
  - Access this digital field guide from The National Child Traumatic Stress Network. They also offer a [PFA Mobile App](#).
- How to maintain your mental well-being during the COVID-19 crisis– *Boston.com* quotes [MGH Resilience Enhancement and Prevention Program](#) Director Daphne Holt
- **Webinars on Demand:** These [recorded videos](#) for in-depth discussions on how clinicians can support themselves and their colleagues