

**A LITTLE
HELP
HERE**

COVID-19 Employee Mental Health Resources

We recognize that this is an incredibly challenging time to work in healthcare. We have resources and services available to you that include tips for fitness, nutrition, grocery shopping, taking care of mental health, community volunteering opportunities, tips for coping, and more. *For more information, please visit the **Einstein Cares page on EinsteinConnect**, or visit **EinsteinLiveWell.com** and click **Programs**, then click **Caring for the Caregiver**.*



SCAN ME

The Einstein Outpatient Department of [Behavioral Health](#) offers mental health treatment for a range of problems including but not limited to mood disorders, anxiety disorders, as well as trauma. The Behavioral Health Department will do their absolute best to provide employees access to treatment. Employees can call 215-456-9850 to reach the department for new appointments. Be sure to identify yourself as an Einstein employee or family member. If you have any difficulties attaining an appointment, e-mail gallagbr@einstein.edu.

[Carebridge](#) – Our Employee Assistance Provider (EAP) is available 24/7/365. Employees and family members receive six free sessions, per topic, per year, on issues like stress, anxiety, depression, and more. Speak confidentially with a professional behavior health clinician skilled in your area of concern. Call 215-456-8484, then press #3, or visit myliferesource.com (your code is 9F86J).

Einstein’s Department of Spiritual Care and [Mindfulness](#) offers several types of support:

Chaplains are here for you as well as for patients, to support your human spirit – no matter what religion, or no religion. Call 215-456-3996 to leave a confidential message that you’d like to speak with a chaplain. If the need is urgent, someone is available onsite at EMCP 24/7, page 07064. You can also send a confidential e-mail to a chaplain to say a prayer for anyone you’d like, at chaplains@einstein.edu. Chaplains additionally provide, as able, mini and mobile “Caring for the Caregiver” sessions for specific departments/units.

Call in 10-minute live guided mindfulness sessions are available every Wednesday at noon. Through the end of January, these calls are also taking place Monday-Thursday at both 7:45 AM and 7:45 PM. Call 1-425-436-6318, participant code: 613477#. Tailored, guided mindfulness sessions are also available to units or departments, and one-to-one mindfulness coaching sessions can also be arranged: please call Laura Romano at 215-456-9799 or e-mail RomanoLa@einstein.edu. Additionally, **any time of day or night**, you can access 5- and 10-minute guided mindfulness sessions at <http://www.einstein.edu/?id=2015&sid=1>.