

Brigham & Women's Hospital

Resources for Stress Reduction and Resiliency Building

Mass General Brigham EAP – Confidential Support

Call 866-724-4327 to make an appointment or speak to on-call immediately.



When looking for well-being resources, Mass General Brigham EAP is the place to start. If emotions feel overwhelming and too intense, if you have trouble focusing at work, you can't sleep, or if you feel anxiety that is not improving, then consider getting assistance. The EAP is a free and confidential resource. More information about what we do can be found on the EAP website: eap.partners.org If you want to talk, want information or a consultation, call our main line: 866-724-4327.

Mental Health Connections (MHC)

MHC is a clinical assessment service connecting MGB employees and their immediate family household members (spouses, partners, dependents) with the most appropriate and accessible behavioral health treatment, both within and outside the system, in a timely and efficient way.

Contact MHC by email via:
mentalhealthmatters@partners.org

EAP Webinars & Mini Sessions

EAP offers live webinars and recordings covering relaxation techniques, parenting support, eldercare topics, financial education and manager training.



EAP Coping Skills Booklet



Tips on stress resilience, managing anxiety, and calming the mind and body during periods of emotional unease or distress.

Well-being Apps

SilverCloud* | Headspace | Koa 360

Employees of MGB have free access. Designed for relaxation, iCBT and meditation. Scan the QR code to sign-up:

*Use code MGB2020



Lyra Health

Lyra is available to Mass General Brigham employees and their families who are enrolled in the Mass General Brigham Health Plan and provides secure and confidential access to clinically proven mental health services from self-guided well-being modules to therapy and medication management. Access Lyra here: mgb.lyrahealth.com

EAP Virtual Support Groups

Eldercare & Caregivers - Monthly, Online
Eldercare & Caregivers Support Group



Support for Mothers

- Monthly Moms' Virtual Support Group
- Monthly Moms' Next Step Group (Divorce /Separation)

Brigham And Women's Employee Mental Health Clinic

Call 617-525-1258 to make an appointment.

The Brigham and Women's Hospital Employee Mental Health Program provides rapid access to mental health care for employees. The program has a dedicated staff of clinicians who provide a team-based approach to care that can include diagnostic evaluations, psychiatric treatment, and counseling.

Chaplaincy/Spiritual Care

617-732-7480 or Pager 11724 (24/7)

BWH Psychiatry Department

617-732-6753

Faculty & Trainee Mental Health Program

Call 617-732-8905

or email:

BWHfacultytraineeMHP@bwh.harvard.edu

BWH Psychiatric Nursing Resource Service

617-732-5803 or Pager 31277

BWHPsychNurseResourceService@partners.org



Meditation Mondays

Dr. Darshan Mehta
Mondays 8:00-8:30 AM

Midweek Meditation

with a Guest Speaker on Wednesday
8:00-8:30 AM

The Office for Well-Being and the MGPO Frigoletto Committee co-sponsor guided meditation Zoom sessions twice a week.

[Register and receive Zoom link](#)

Wellness Initiatives with The Brigham Education Institute

Providing Brigham physicians, trainees, and all staff with the tools to combat stress through a series of programs and events.



Peer Support for MDs & PAs

617-525-9796 or email Morana Lasic MD:
mlasic@bwh.harvard.edu

Occupational Health

617-732-6034 or email
BWHOHS@partners.org

Feeling Stressed?



Scan to make an appointment

Don't Worry Alone

Call MGB Employee Assistance Program 24/7

866-724-4327



Scan to find this handout online

