

# Mass General Brigham

## Resources for Stress Reduction and Resiliency Building

### Mass General Brigham EAP

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](http://eap.partners.org) If you want to talk, want information or a consultation, call our main line: 866-724-4327.

### 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



Employees of MGB have free access to:

SilverCloud | Headspace | Koa 360

Designed for relaxation, iCBT and meditation.

Scan the QR code to access "Self-guided Resources".

### 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](mailto:mentalhealthmatters@partners.org)



### 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 Support)



## 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](https://mgb.lyrahealth.com)



## Feeling Stressed?

Call MGB Employee Assistance Program 24/7

**866-724-4327**

Or Scan the QR code to reach the “Making an Appointment” section to find an appointment request form

