

Massachusetts General Hospital

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 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.

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

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



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)

MGH Peer Support Program

The purpose of the Peer Support Program is to provide timely and confidential support to any employee who experiences a stressful event, such as a patient death, unexpected patient event, or medical error.



The program connects impacted caregivers with trained Peer Supporters to facilitate emotional healing and practical guidance in the aftermath of such an event.

MGH Psychiatry

Monday-Friday
617-724-1765

MGH Employee Mental Health Clinic

Call 617-643-6054 to make an appointment.

The MGH Employee Mental Health Clinic focuses on targeting:

- specific anxiety
- depression
- stress
- trauma, and/or grief symptoms

in a specialized, skills-focused way.

MGH Occupational Health

Monday-Friday
7am–5pm
617-726-2217



Meditation Mondays

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

Midweek Meditation

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

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

MGH Ethics

617-724-7150 Pager: #32097
or Ethics EPIC consult

MGH Spiritual Care Provider

On-call: 617-726-2220 Pager: #27302

MGH Workplace Well-Being Collaborative

The MGH Well-Being Collaborative is a multidisciplinary group with members from Nursing and Patient Care Services, the Employee Assistance Program (EAP), MGPO, Center for Faculty Development and the Center for Physician Well-Being that helps to address and support the well-being of hospital staff.

