

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 you are experiencing intense emotions, feeling overwhelmed, struggling to focus at work, having trouble sleeping, or feeling anxiety that is not improving, 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.

EAP Webinars & Mini Sessions



EAP offers live webinars and recordings covering relaxation techniques, parenting support, eldercare topics, financial education, and manager training. Scan the QR code or [click here](#).

EAP Coping Skills Booklet



Tips on stress resilience, managing anxiety, and calming the mind and body during periods of emotional unease or distress. Scan the QR code or [click here](#).

Well-being Apps

Employees of MGB have free access to:
SilverCloud | Headspace | Koa 360

Designed for relaxation, iCBT and meditation. Scan the QR code or [click here](#) 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.

Scan the QR code or [click here](#).
Contact MHC by email via:
mentalhealthmatters@partners.org



EAP Monthly Virtual Support Groups

Support with Eldercare & Caregiving

- [EAP Monthly Eldercare & Caregivers Group](#)



Virtual meeting where participants share concerns, discuss self-care and resources or managing the unique challenges of caring for aging loved ones.

Support Groups for Parents

- [Monthly Virtual Support Group](#)

- [Monthly 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. Scan the QR code or [click here](#).



Immigration Resources

The immigration process can be challenging and complicated. The resources on our website can help you understand and navigate this system. Scan the QR code or [click here](#).



LGBTQ+ Resources

The resources below can support members of the LGBTQ+ community and allies.

Scan the QR code or [click here](#).



Scan this QR code for a digital copy of this handout. Also available in Spanish and Haitian Creole.



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

