

Salem Hospital - Resiliency Resources

Stress Reduction and Resiliency Building - Online and via Apps

Building Your Coping Skills - EAP booklet filled with tools to manage these stressful times.
<https://eap.partners.org/wp-content/uploads/EAP-Building-Your-Coping-Skills.pdf>

Foundations – Cognitive Behavioral Therapy (CBT) App for stress, anxiety, and depression
<https://foundations.koahealth.com/become-a-beta-tester-at-partners-healthcare/>

Headspace – Phone-accessible meditation and guided relaxation app available via:
<https://work.headspace.com/partnershealthcare/member-enroll/login>

SilverCloud

A free online, self-directed course in cognitive behavioral therapy (CBT) and other well-being activities for BWH employees and household members with anxiety and/or mild to moderate depression, insomnia, or stress, or who are looking for support with building resilience. You can be referred by the EAP or self-refer. Sign-up using this link <https://massgeneralbrighamemployee.silvercloudhealth.com/signup/> and the code **(MGB2020)**.



Mental Health Support Resources

Lyra

Available to MGB employees and their families who are enrolled in Mass General Brigham Health Plan and provides secure and confidential access to mental health services from self-guided well-being modules to therapy and medication management. Access Lyra: <https://mgb.lyrahealth.com/>

Mental Health Connections (MHC) at Mass General Brigham for employees and their families

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: mentalhealthmatters@partners.org

Meditation, Webinars and Recordings

Meditation Mondays with Dr. Darshan Mehta, MD, MPH, Medical Director, Office for Well-Being

The Office for Well-Being and the MGPO Frigoletto Committee co-sponsor weekly guided meditation Zoom sessions on Mondays 8-8:30 am. To join, email owb@partners.org.

Success with Stress - Taking Care of You – Register for webinars, or simply watch recordings where EAP counselors demonstrate various relaxation techniques. For more information visit the EAP website: <https://eap.partners.org/webinars/#webinar-taking-care>

EAP Resiliency Sessions

Managers at Mass General Brigham entities and departments can call 866-724-4327 to request free EAP sessions/trainings for employees.

Compassion Fatigue

Sixty-minute session led by EAP clinicians, designed to help healthcare workers recover from feelings of exhaustion, frustration, anger and depression. Also helpful for employees experiencing Secondary Traumatic Stress - a negative feeling driven by fear and work-related trauma.

Re-imagining Stress

Sixty-minute webinar led by EAP clinicians, designed to help change mental attitudes about stress. Participants can learn how to change their body's response to stress.

R U OK?

An EAP webinar (45-60 minutes) to help employees feel comfortable checking-in with colleagues. Using the R U OK? Mental Health Awareness framework, this presentation guides you through why, when and how to approach a colleague when you have concern, so that you feel equipped to respond. More information can be found on the EAP website: <https://eap.partners.org/ruok-mental-health-awareness-initiative/>



Mass General Brigham EAP - Free and Confidential Resource

Recognize when you need help. If emotions feel overwhelming and too intense, if you have trouble focusing at work, you can't sleep or you feel anxiety that is not improving, then consider getting assistance. Find more information EAP website: <https://eap.partners.org/> If you want to talk, have questions, want information or a consultation now or in the future, call: 866-724-4327 for assistance.

Other Salem Hospital Support Resources

Pastoral Care	978.825.7698 or page 71857
Occupational Health	978.354.4466
Human Resources	978.825.6294
Psych Triage	978-354-4550
Peer Support	pager 71915
https://nsmconnect.partners.org/departments/caregiver-peer-support/	

HAWC Domestic Violence Program at Salem Hospital.....978-354-4383 (24 hr hotline: 1-800-547-1649)
<https://hawcdv.org/get-help-now/services/hospital-advocacy/>

Family Resource Center, Kristy Harrington, Clinical Coord.....978-354-2660
Online educational workshops, mindfulness programs, and support and resources for children, teens, adults, and professionals: https://nsmc.partners.org/pediatrics/family_resource_center

Diversity, Equity, and Inclusion.....nsmcdei@partners.org
<https://nsmconnect.partners.org/departments/diversity-equity-and-inclusion/>

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