

GUIDE TO MGH SUPPORT RESOURCES

Peer-Based Support

- [Peer Support](#): Connect with a trained Peer Supporter to facilitate healing and guidance in the aftermath of a patient-related serious event or adverse outcome.
- [Buddy System](#): Get matched with a buddy for support.
- [Facilitated Reflection Rounds](#) Allows clinicians to debrief and listen to one another.
- [Peer Serious Illness Conversation \(SIC\) Support Team](#): Get help with SICs or goals of care discussions.

Coping with COVID-19

- [A Nursing State of Mind Podcast](#)
- [Apollo Coronavirus Homepage](#)
- [Benson Henry Institute for Mind Body Medicine at MGH](#)
- [EAP COVID-related Stress Management Resources](#)
- [EAP Resources for Grief and Grieving during COVID-19](#)
- [EAP Understanding Burnout in Health Care](#)
- [Going Home Checklist](#)
- [MGH Department of Medicine: Center for Physician Well-being COVID-19 Resources](#)
- [MGH MoodNetwork](#): Free, self-guided, online program for skills for coping with COVID-19 stress.
- [MGH Psychiatry Resilience Program for Medical Personnel \(RAMP\) during the COVID-19 Outbreak](#): Three online courses to help clinicians cope with COVID-19.
- [PeaceLove Virtual Workshops](#): Use creativity and self-expression for your well-being. Access code: 77134
- [Resilience for Second Victims During and After COVID-19](#) (The Joint Commission)
- [That Discomfort You're Feeling is Grief](#) (HBR)
- [The Risks and Benefits of Guiding Ideals for Healthcare Clinicians](#) (theschwartzcenter.org)
- [The Schwartz Center Resources for Healthcare Professionals Coping with COVID-19](#)
- [The Stress Continuum Model](#) (Researchgate.net)
- [Volunteer](#) for City of Chelsea Pandemic Response Team
- [Who Do I Want to Be During COVID-19?](#)

Hospital Services

- [Ask my HR](#)
- [Center for Quality and Safety](#): Submit a [Safety Report](#) to facilitate improved patient and workforce safety.
- [Dragon One](#): EPIC Speech recognition training/support.
- [Epic Support Hotline](#): Real-time, immediate support for Epic. Phone: 866-266-3240
- [Occupational Health Services](#)
- [Social Work](#): Page 26803 | Email: [Marie Elena Goiella](#)
- [Spiritual Care](#): Spiritual caregivers support staff through encouragement and prayer. Phone: 617-726-2220

Work/Life Resources

Caregiving

- [Childcare Resources](#)
- [Eldercare Resources](#)
- [Lactation \(Mothers' Corner\) Resources](#)
- [Mass General Brigham Community Connects](#): Connects colleagues who live in the same neighborhood for carpooling, childcare, pet care, and more.
- [Parenting Resources](#)
- [Pet Resources](#)
- [Supports for School and Learning during COVID](#)
- [Veteran Resources](#)

Diversity, Equity, and Inclusion

- [Disability and Accessibility Resources](#)
- [LGBTQ Resources](#)
- [Race and Ethnicity Resources](#)

Housing, Finance, Legal

- [Financial Well-being](#)
- [Housing Resources](#)
- [Legal and Immigration Resources](#)

Nutrition

- [Home Chef](#): Special discount for nurses, doctors, hospital employees. Verify with ID.me at checkout.
- [MGH for Children – Choosing Healthy Snacks](#)
- [Sweetgreen](#): Free deliveries to hospital workers.
- [The Cooking Show for Mental Health Professionals CME Course](#)
- [The Nutrition Source](#): A leading authority on food and [nutrition knowledge](#), offering comprehensive nutrition information, [recipes](#), and [tools](#).

Physical Health

- [EAP Healthy Lifestyle Resources](#)
- [Managing your Physical Health During the Pandemic](#)
- [MGH Sports Medicine Physical Therapists: At-Home Exercises & Stretches](#)

Safety

- [EAP Safety in the Workplace Resources](#)
- [HAVEN at MGH](#)
- [MGH Police and Security and Outside Services](#): Main Campus: 617-726-2121 | CNY: 617-726-5400

Sleep

- [EAP Webinar: Get Your Best Sleep](#)
- [HMS Division of Sleep Medicine: Healthy Sleep](#)
- [MGH Sleep Disorders Clinical Research Program: Strategies to Promote Better Sleep during COVID-19](#)

Mental Health

- [Employee Assistance Program \(EAP\)](#): Offers short-term counseling, referrals, and resources. Phone: 866-724-4327 Monday-Friday, 8a-5p | Page #37224 after hours
- [EAP Self-Assessments](#): Brief screenings for mental health and other topics are a quick way to see how you are doing in certain areas.
- [iCBT](#): A free, online, self-directed course in cognitive behavioral therapy (CBT). PCP or EAP referral required.
- [MGH Department of Psychiatry Mental Health Resources](#)
- [MGH Psychiatry CARES](#): Provides brief, virtual, individual mental health sessions for employees experiencing high levels of stress, trauma, or bereavement due COVID-related service. To refer yourself or your staff, please call 617-724-7150.
- [R U OK?](#): Suicide-prevention initiative that promotes peer support and a safe culture to share personal struggles.
- Substance Use Disorders/Addiction
 - [MGH Substance Use Disorder Initiative](#)
 - [Are you drinking too much?](#)
 - [MGH Recovery Institute: Addiction 101](#)
 - [EAP Substance Misuse and Addiction Resources](#)

Coaching

- [Boda Coaching](#): MGH DOM Clinicians have access to up to 3 hours of coaching with a Boda coach. Contact MGHCOVIDcoaching@bodagroup.com.
- [MGH Clinician Coaching Program for Reflection/Goal Setting](#): 1:1 coaching with trained MGH coach.
- [MGPO Fred Frigoletto Committee for Physician Well-Being Curated Work/Life Resources](#)
- [MGPO Frigoletto Committee Administrative Burden Relief Programs](#)
- [Office for Well-Being in the Center for Faculty Development](#): Offers individual meetings for MGH faculty and trainees seeking advice.

Mindfulness and Meditation

- [Benson-Henry Institute Guided Relaxation Exercise](#)
- [Browse 8 selected well-being and meditation apps.](#)
- [EAP 10-Minute Stress Release Exercises](#)
- [EAP Mindfulness Resources](#)
- [Making Time to Meditate](#)
- Free access to the [Ten Percent Happier](#) app for healthcare workers. Email care@tenpercent.com.
- [Three Good Things](#): Free Happiness Journal
- [5-Minute Journal](#): Become happier with this 5-minute simple journaling format built on positive psychology.