



## Mental Health Support

### School of Medicine faculty, staff and students

- **Student Mental Health Services**: JHU students seeking support through Student Mental Health Services can refer to: [wellbeing.jhu.edu/](https://wellbeing.jhu.edu/)
- **Behavioral Health Crisis Support Team**: To initiate an in-person mobile crisis response for yourself or someone you are concerned about, call the Behavioral Health Crisis Support Team (BHCST) access line at 410-516-9355, available 24/7, 365 days a year. Telephone consultation with BHCST is available to students, faculty and staff in Washington, D.C.
- **Office of International Services**: For those from the affected areas and need assistance.

### Johns Hopkins Health System and School of Medicine faculty and staff

- **Employee Assistance Program**: Faculty and staff can call the Johns Hopkins Employee Assistance Program at 888-978-1262, for free, confidential help and referrals for emotional or mental health concerns you may have.
- **Israel-Hamas Conflict** (use company code: JHEAP) includes a variety of resources that will continue to be updated:
  - Resources that can help loved ones locate aid in Israel.
  - Resources that can help loved ones locate aid in Gaza and the West Bank.
  - Managing Anxiety in Times of National or International Tension
  - Staying Safe, Alert, and Steady in a Dangerous Situation
  - Grounding Techniques to Help Control Anxiety
  - When You're Concerned About Loved Ones in an Area of Armed Conflict
  - You're Safer, They're Not: Coping with Separation and Guilt in a Crisis
  - Steps to Take if You Lose Contact with Someone in Another Country During a Crisis
  - Surviving Survivor Guilt
  - Coping with Grief After a Sudden or Unexpected Death
  - Secondary Trauma: When You're Affected by Another Person's Traumatic Experience
  - Being Supportive to Someone Who Has Experienced Trauma
  - Helping Someone You Love Who Has Post-Traumatic Stress Disorder (PTSD)
  - Coping with Feelings of Isolation and Alienation in Times of International Conflict
  - Coping with Crisis in the Media (Part 1)
  - Coping with Crisis in the Media (Part 2)
  - Tips for Parents on Media Coverage of Violent Events
  - Psychological First Aid: Guide for Field Workers

- Resources in Hebrew
  - Resources that can help loved ones locate aid in Israel.
  - Tip sheets that can help those affected by the crisis in Israel. It contains info that may be useful to those in the conflict zone as well as those worried from afar.
- **Department of Psychiatry and Behavioral Sciences**: 410-955-5212 or visit
- **Spiritual Care and Chaplaincy**:
  - The Johns Hopkins Hospital: 410-955-5842
  - Johns Hopkins All Children's Hospital: 727-767-4258
  - Johns Hopkins Bayview Medical Center: 410-550-7569
  - Johns Hopkins Howard County Medical Center: 410-740-7898
  - Sibley Memorial Hospital: 202-537-4084
  - Suburban Hospital: 301-896-3178