

Supporting the Health and Well-Being of JHM Faculty and Staff

We recognize that there are many reasons that COVID-19 has caused stress. We would like to highlight the existing JHM resources available to you. The JHM Office of Well-Being is a coordinating center to communicate individual and team support. Contact us at owb@jhmi.edu or visit us at <https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/>.

mySupport—Provides several types of assistance to The Johns Hopkins University and Johns Hopkins Medicine faculty and staff, including emotional support to help you manage stress at work or at home, emotional distress, or a difficult life transition; daily life assistance, such as referrals for child care or elder care; and referrals for legal and financial assistance. This free benefit is confidential and available to you and your household family members 24/7.

Johns Hopkins University	443-997-7000, Option #2
The Johns Hopkins Hospital, Johns Hopkins Health System Corporation, Johns Hopkins Bayview Medical Center, Johns Hopkins Community Physicians, Johns Hopkins Healthcare, Johns Hopkins Home and Community-Based Services.	443-997-7000, Option #2
Johns Hopkins All Children’s Hospital, Howard County General Hospital, Sibley Memorial Hospital and Suburban Hospital	888-482-2733

RISE—The Resilience in Stressful Events team provides confidential peer-to-peer support for health system employees who have experienced a stressful, patient-related incident. The RISE team is available 24/7.

The Johns Hopkins Hospital Johns Hopkins Bayview Medical Center	Pager: 410-283-3953 CORUS: JHH - Patient Safety - RISE Team (c2227)
Sibley Memorial Hospital	Voalte under SMH RISE; if you do not have Voalte, email smh-rise@jhmi.edu
Suburban Hospital	301-896-RISE (7473)
Johns Hopkins All Children’s Hospital	727-767-RISE (7473)
Howard County General Hospital	Pager: 410-232-5423 CORUS: HCGH-RISE TEAM HCGH (C2257)

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Spiritual Care—Spiritual Care is located on-site at each affiliate hospital. For employees located in Johns Hopkins Community Physicians, Johns Hopkins Healthcare, and Johns Hopkins Home and Community Based Services, contact the Spiritual Care location of your choice.

The Johns Hopkins Hospital	Main: 410-955-5842 On Call: 410-434-0909
Johns Hopkins All Children’s Hospital	727-767-4258
Johns Hopkins Bayview Medical Center	Main: 410-550-7569 On Call: 410-283-4345
Howard County General Hospital	410-740-7898
Sibley Memorial Hospital	202-537-4084
Suburban Hospital	301-896-3178

Healthy at Hopkins—The branded employee health and well-being program for JHHS employees. Resources and programs cover the spectrum of healthy lifestyle strategies, such as sleep, meditation and relaxation techniques and are available for individuals and teams. Visit my.jh.edu to access the Healthy at Hopkins portal. Make sure to pin it to your favorites.

Questions? Email contactus@healthyathopkinssupport.com , or call 1-833-554-4554.
SOM faculty and staff contact https://hr.jhu.edu/benefits-worklife/wellness-programs/ .
Howard County General Hospital https://www.hcgh.net/Intranet/main.aspx?tid=1078&mtid=836 or Health Promotion at 410-370-7958 or email HCGH-wellness@jhmi.edu .

Department of Psychiatry and Behavioral Sciences—Provides assessment and management of mental illnesses like major depressive disorder, panic disorder and post-traumatic stress disorder for faculty and staff working at **JHH** and **Bayview**.

To access these services, call mySupport at 443-997-7000, option #2, and ask to be transferred to the mySupport Onsite Clinical Team. Also currently providing Monday-Friday stress management mindfulness meditation sessions. **All JHM Staff are welcome.**

Access stress management sessions for all JHM staff: https://jhjhm.zoom.us/j/747490420 Mon., Wed., and Fri., at 12 p.m. Tues., and Thurs., at 9 a.m.

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