

Supporting the Health and Well-being of all who work at Howard County General Hospital

Healthy at Hopkins: Supporting employees and teams with health and well-being programs.
Email: hcgh-wellness@jhmi.edu
or call x8788.

mySupport: Free, confidential emotional support from licensed clinicians to help employees and their family members reduce stress and manage the challenges of daily life.
Available 24/7 at 888-482-2733.

Department of Psychiatry led Support Groups: Support groups for frontline providers and staff. Visit bit.ly/jhsupportgroups or Call 443-364-8213.

RISE (Resilience in Stressful Events): 24/7 confidential peer-to-peer support for employees who have experienced stressful, clinically-related events.
Pager: 410-232-5423
CORUS: HCGH-RISE TEAM (C2257)

Spiritual Care: 24/7 Spiritual support for individuals and teams. Call 410-740-7898

Visit the **HCGH Employee Wellness** portal at bit.ly/wellnesshcgh

To learn about more resources visit the Office of Well-Being website:
hopkinsmedicine.org/joy-at-jhm/office-of-well-being