

## WHAT YOU ARE DOING IS HARD. HOW ARE YOU HOLDING UP?

- I need healthy ways to cope.*
- I cannot stop thinking about a particular patient.*
- I have trouble sleeping.*
- I worry about not being able to support my family.*
- I am doing things at work I never expected to do.*
- I feel lonely.*
- I want to tap into the resilience I've shown in the past.*
- I am more irritable than usual.*
- I am trying to make meaning out of the pandemic.*

**We invite you to reach out for support**

*\*Turn card over for help, support or resources*



**JOHNS HOPKINS**  
MEDICINE

# Supporting the Health and Well-being of all who work at Sibley Memorial Hospital

**Healthy at Hopkins:** Supporting employees and teams with health and well-being programs. Access the portal at [my.jh.edu](http://my.jh.edu) and click on the Healthy at Hopkins logo or email [healthyathopkins@jhmi.edu](mailto:healthyathopkins@jhmi.edu)

**Johns Hopkins Employee Assistance Program (JHEAP):** Free, confidential emotional support from licensed clinicians to help employees and their household members reduce stress and manage the challenges of daily life. Available 24/7 at 888-978-1262

**Department of Psychiatry:** Provides assessment and management of mental illnesses like major depressive disorder, panic disorder and post-traumatic stress disorder for faculty and staff working at JHM. To access these services call 410-955-5212 or go to [www.hopkinsmedicine.org/psychiatry](http://www.hopkinsmedicine.org/psychiatry)

**RISE (Resilience in Stressful Events):** Confidential peer-to-peer support for employees who have experienced stressful, clinically-related events. To request support email [smh-rise@jhmi.edu](mailto:smh-rise@jhmi.edu)

**Resilience Resource Rooms:** Located in Building B, Floor 1, Centre Sibley, this room provides a quiet space to unwind, relax, and/or meditate. This space is open 24/7.

**Resilience Nurse:** Darleen Dagey - brings well-being resources to the front line. Contact Darleen at [ddagey1@jhmi.edu](mailto:ddagey1@jhmi.edu) for support of nursing stress; feeling overwhelmed or other stressful events, stress management and mindfulness exercises.

**Spiritual Care:** 24/7 spiritual support for individuals and teams. Call 202-537-4084

To learn about more resources visit the **Office of Well-Being** website: [www.hopkinsmedicine.org/office-of-well-being](http://www.hopkinsmedicine.org/office-of-well-being)