

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 Suburban Hospital

Healthy at Hopkins: Supporting employees and teams with health and well-being programs. Access the portal at my.jh.edu and click on the Healthy at Hopkins logo or email healthyathopkins@jhmi.edu

Johns Hopkins Employee Assistance Program: 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:
To access these services, call mySupport at 1-888-978-1262 and ask to be transferred to the mySupport Onsite Clinical Team.

RISE (Resilience in Stressful Events):
24/7 confidential peer-to-peer support for employees who have experienced stressful, clinically related events. Call 301-896-RISE (7473)

Resiliency rooms: Located off the second-floor south building elevator lobby on 2100 in rooms 2115 and 2116. These rooms provide a quiet space 24/7 to unwind, relax, meditate and have a warm cup of tea.

Spiritual Care: 24/7 Spiritual support for individuals and teams. Main 301-896-3178 and On Call 301-310-9081

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