

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 Johns Hopkins Bayview

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 (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

Spiritual Care: 24/7 spiritual support for individuals and teams.
Main #: 410-550-7569
On Call #: 410-283-4345

RISE (Resilience in Stressful Events): 24/7 confidential peer-to-peer support for employees who have experienced stressful, clinically-related events.
Pager: 410-283-0365
CORUS: JHBMC RISE Team

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

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