

## Team Member Emotional Health and Well-Being Resources

The Compassion and Resilience Experience (C.A.R.E.) Program is here to support Cooper team members. To learn more about services, visit the Health and Wellness website (<http://wellness.cooperhealth.org/>). The website includes more information about available well-being services, educational resources, and links to request individual and group supports (e.g., resiliency groups, workshops, and didactics).

### FIND A MENTAL HEALTH PROVIDER

**Carebridge** (Cooper's Employee Assistance Program): [Carebridge](#) offers confidential short-term counseling and professional development coaching. For emergent needs, call and they will connect you to a counselor immediately to discuss next steps. For non-emergent needs, call and you will be provided with a list of affiliate counselors. They also offer telehealth options. This benefit allows CUH team members and their immediate families up to 5 free counseling sessions per issue (e.g., depression, stress).

- Call: 1-800-437-0911
- Carebridge member website: <http://www.myliferesource.com/> (Cooper access code: **WBPNF**)
- Online support (live and on-demand programming) at <https://vibe.emindful.com/>

**Psychology Today's Directory**: Search for mental health professionals (including psychology and psychiatry) by zip code, city, last name, etc. For each provider listed, you can read about their approach, specialty areas, information about fees (e.g., insurances accepted, sliding scale fees), and credentials

- Visit: <https://www.psychologytoday.com/us/us>

**Theravive**: Provides a searchable directory of licensed therapists who seek to make mental health counseling safe and easily accessible.

- Visit: <https://www.theravive.com/>

### FIND PEER SUPPORT

**Cooper Peer Support Programs**: Peers (non-mental health clinicians) offer support to their colleagues after adverse events or other professional stressful circumstances. At this time, we have internal peer support programs available for Physician and Advanced Practice Providers. Support can be requested through the wellness website (<http://wellness.cooperhealth.org/requests-for-support/>).

**Nurse2Nurse** is a confidential, compassion peer-to-peer helpline for nurses in NJ.

- Call: **1-844-687-7301**
- Monday-Friday 8:00am – 8:00pm

**PeerRxMed**<sup>™</sup> is a free, peer-supported program designed to help physicians and others on the care team move toward thriving both personally and professionally. The PeerRx Program is built around weekly, monthly, and quarterly check-ins to provide encouragement, support, and accountability.

## GRIEF SUPPORT

Samaritan Hospice: <a href="http://www.samaritannj.org/resources/grief-support-resources/">www.samaritannj.org/resources/grief-support-resources/</a>
Samaritan Hospice Support Group: <a href="http://www.samaritannj.org/resources/grief-support-groups-south-nj/">www.samaritannj.org/resources/grief-support-groups-south-nj/</a>
Moorestown Visiting Nurses: <a href="https://www.moorestownvna.org/">https://www.moorestownvna.org/</a>
Fellowship Alliance Chapel: <a href="https://www.myfac.org/supportgroups/">https://www.myfac.org/supportgroups/</a>

## HELPLINES

<p><b>Disaster Distress Helpline</b> has developed online peer support communities through Facebook groups. Communities include: Healthcare Workers Impacted by COVID-19, Parents and Caregivers Impacted by COVID-19. They offer 24/7 helpline support.</p> <ul style="list-style-type: none"><li>• Call/text: 1-800-985-5990</li><li>• Visit: <a href="https://www.samhsa.gov/find-help/disaster-distress-helpline">https://www.samhsa.gov/find-help/disaster-distress-helpline</a></li></ul>
<p><b>National Parent Helpline</b> for emotional support and parent advocacy.</p> <ul style="list-style-type: none"><li>• Call: 1-855-427-2736</li><li>• Available Monday-Friday   1:00PM - 10:00PM</li></ul>
<p><b>Physician Support Line:</b></p> <ul style="list-style-type: none"><li>• Call: 1-888-409-0141</li><li>• Available 7 days a week   8:00AM - 1:00AM ET.</li><li>• Additional information is available at: <a href="https://www.physiciansupportline.com/">https://www.physiciansupportline.com/</a></li></ul>

## CRISIS RESOURCES

<p><a href="#">New Jersey Suicide Prevention Hopeline</a> (free 24/7 support)</p> <ul style="list-style-type: none"><li>• Call: <b>1-855-654-6735</b></li><li>• Textline: Text <b>NJ</b> to <b>741741</b></li></ul>
<p><a href="#">National Suicide Prevention Lifeline</a> (free 24/7 support)</p> <ul style="list-style-type: none"><li>• Call: <b>1-800-273-TALK (8255)</b></li><li>• Textline: Text <b>Home</b> to <b>741741</b></li></ul>
<p><a href="#">SAMHSA's National Helpline</a> is a free, confidential, 24/7 treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.</p> <ul style="list-style-type: none"><li>• Call: 1-800-622-HELP (4357)</li></ul>

## WELL-BEING AND RESILIENCY RESOURCES

The [National Academy of Medicine Action Collaborative on Clinician Well-Being and Resilience](#) offers this collection of resources that highlight strategies and tools that health care leaders and workers can use across practice settings to take action toward decreasing burnout and improving clinician well-being.

- Visit: <https://nam.edu/compendium-of-key-resources-for-improving-clinician-well-being/>

[Accelerate Learning Community](#) is an initiative from UHealth at the University of Utah. They provide the latest insights in health care equity, improvement, leadership, resilience, and more. Start exploring some topics such as: [How Humor, Hope, and Gratitude Can Make You More Resilient](#), [Coping with Medical Error: Secondary Trauma](#), and [Learning to Be Mindful and Present in Most Moments](#).

- Visit: <https://accelerate.uofuhealth.utah.edu/>

Check out the Schwartz Center for Compassionate Healthcare website for a wonderful list of [Mental Health and Well-Being Resources for Healthcare Workers](#) (including coping with workplace violence, resources for healthcare leaders, and resources for the families of healthcare workers).

- Visit: <https://www.theschwartzcenter.org/mentalhealthresources/>

[ALL IN: WellBeing First for Healthcare](#) is a call to action by #FirstRespondersFirst and The Dr. Lorna Breen Heroes' Foundation as a coalition of leading healthcare organizations committed to taking responsibility for workforce well-being. They compiled a [Resilience Library](#) – a curated list of crowd-sourced resources to build resilient healthcare organizations.

- Visit: <https://www.allinforhealthcare.org/>

### Recommended Smartphone Apps:

- Best Overall: [Moodfit](#)
- Best for Learning Coping Skills: [MoodMission](#)
- Best for Therapy: [Talkspace](#)
- Best for Stress Relief: [Sanvello](#), [Reflectly](#)
- Best for Gratitude: [Grateful](#)
- Best for Meditation: [Calm](#)
- Best for Sleep: [Sleep Cycle](#)
- Most Fun App: [Happify](#)
- Best for Depression: [Depression CBT Self-Help Guide](#)
- Best inclusive, representative MH app: [Shine](#)
- Best for Symptom Tracking: [Bearable](#)
- Best for Yoga: [5 Minute Yoga](#), [Daily Yoga](#)
- Best COVID app: [COVID Coach](#)