

## Team Member 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 our services, visit our Health and Wellness website (<http://wellness.cooperhealth.org/>). Our website includes more information about who we are as well as available well-being services, educational resources, and links to request individual and group supports.

### INDIVIDUAL SUPPORT

- **Carebridge** (Cooper's EAP) – [Carebridge](#) offers confidential short-term solution-focused counseling and professional development coaching. For emergent needs, call Carebridge and they will connect you to a counselor immediately to discuss next steps. For non-emergent needs, call Carebridge and you will be provided with a list of affiliate counselors. They also offer telehealth option. This benefit allows CUH team members and their immediate families up to 5 free counseling sessions per issue (e.g., depression, family stress). Call Carebridge at **1-800-437-0911**
  - Visit the Carebridge member website: <http://www.myliferesource.com/>
    - First time users should register with Cooper access code: **WBPNF**
  - Online support (live and on-demand programming) at <https://vibe.emindful.com/>
  - Also check out the [Carebridge EAP App](#)
- **Peer Support Programs** – Peers (non-mental health clinicians) offer support to their colleagues after adverse events or other professional stressful circumstances. Support can be requested through the website (<https://wellness.cooperhealth.org/requests-for-support/>)
- **Nurse2Nurse** is a help line for nurses under stress from COVID pandemic in NJ. It is based at Rutgers, but nurses throughout the state volunteer to staff the help line.
  - Call: **1-844-687-7301** | Monday-Friday, 8:00AM – 8:00PM

### TEAMS/UNIT SUPPORT

- **Resiliency Groups** – The C.A.R.E. Team provides in-person and virtual resiliency groups across inpatient and ambulatory settings for all team members. Past groups have included psychoeducation on anxiety, normalization and validation of emotions, and practical skills focused on grounding techniques, mindfulness, and acceptance-based strategies.
- **R.I.S.E. Groups** (Resiliency in Stressful Events) – Every day, Cooper team members face the risk of traumatic events – such as, an unexpected death, medical error, an unplanned transfer to the ICU, etc. These groups support “second victims” as traumatic experiences can increase feelings of self-doubt and burnout and hinder one’s ability to deliver safe, compassionate care. We provide groups with skilled, non-judgmental, and confidential support.
- **Workshops** – Our team has worked with many groups across the hospital system. We can come to your site (or present virtually) and provide a workshop for your team. Past topics have included: how to manage difficult interpersonal interactions with patients or colleagues, tips for practicing self-care during the work day, how to set professional boundaries, and taking effective action guided by our values.

## FIND A MENTAL HEALTH PROVIDER

**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), credentials, and contact information. 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/>

## GRIEF SUPPORT

Samaritan Hospice: [www.samaritannj.org/resources/grief-support-resources/](http://www.samaritannj.org/resources/grief-support-resources/)

Samaritan Hospice Support Group: [www.samaritannj.org/resources/grief-support-groups-south-nj/](http://www.samaritannj.org/resources/grief-support-groups-south-nj/)

Moorestown Visiting Nurses: [www.moorestownvna.org/News/2021%20Fall%202021.pdf](http://www.moorestownvna.org/News/2021%20Fall%202021.pdf)

Fellowship Alliance Chapel: <https://www.myfac.org/supportgroups/>

## PEER SUPPORT AND HELPLINES

**PeerRxMed:** 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 with your partner to provide encouragement, support, and accountability. Visit: <https://www.peerrxmed.com/>

**National Parent Helpline** for emotional support and parent advocacy. Available Monday-Friday | 1:00PM - 10:00PM. Call: 1-855-427-2736.

**Physician Support Line:** Available 7 days a week | 8:00AM - 1:00AM ET. Call: 1-888-409-0141

- Additional information is available at: <https://www.physiciansupportline.com/>

Aware of other Well-Being Resources?

Please share your ideas with us at: <http://wellness.cooperhealth.org/share-your-wellness-ideas/>

## CRISIS RESOURCES

### [New Jersey Suicide Prevention Hopeline](#) (free 24/7 support)

- Call: 1-855-654-6735
- Textline: Text NJ to 741741

### [National Suicide Prevention Lifeline](#) (free 24/7 support)

- Call: 9-8-8

### [SAMHSA's National Helpline](#)

- 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.
- Call: 1-800-622-HELP (4357)

## WELL-BEING 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/>

### Recommended 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](#)

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