# Jefferson's Psychological Wellness Resources

Click here for more information on these resources

# Tier 4: 1:1 **Professional**

**Tier 4: Professional Support** 

Time-critical access to professional help

- EAP 1:1 Counseling Sessions\*\*
- Pastoral Care Hotline Call (215) 955-3303
- Psychiatry & Human Behavior Dept. Counseling Call (215) 955-8962
- Critical Incident Support Protocol (managers can escalate requests for support sessions through HRBP's)

Support

(I'm having difficulty coping. It's impacting my relationships and/or work and speaking with a professional would help.)

## Tier 3: **Peer Support**

(I am experiencing stress in work and other areas of life, and speaking to those with similar experiences would help.)

### Tier 2:

**Local Unit/Departmental Support** (I am experiencing stress directly related to my work, and prefer to discuss with my leaders or colleagues.)

## Tier 1: Self-help Wellbeing & Coping Support

(I want to learn how to be healthy and maintain my wellness during challenging times.)

#### Adapted from UofM peer support model

### **Tier 3: Peer Support**

Self-referral or referral made by local unit/department supporter

- Support Group: Sign Out Support (SOS) sessions
- Support Group: Nurse2Nurse sessions
- Education: Jeff BeWell Coping Skills sessions
- Education: Effective Coping Skills for healthcare providers
- 1:1 Peer Support: Resilience in Stressful Events (RISE) Program for healthcare providers (Abington, TJUH, MHD, JHN)

## **Tier 2: Local Unit/Department Support**

One-on-one reassurance and practical help

- Department/unit support from manager, chair
- Colleague support and personal network/community
- Facility-specific virtual We Care Teams
- Mental Health First Aid Training

## **Tier 1: Self-help Resources**

Provides self-help/early intervention support

\*\*EAP FirstCall: (800) 382-2377 (Center City,

\*\*EAP Carebridge: (800) 437-0911

East Falls, Northeast)

(Abington, Magee, NJ)

- Print, audio and video resources
- EAP well-being webinars
- Managing anxiety and building resilience
- Dealing with difficult emotions
- Mindfulness/breathing
- Family/Parenting; remote work

If you are having thoughts about harming yourself, call the National Suicide Prevention Lifeline: (800) 273-TALK (8255) or SAMHSA's Disaster Distress Helpline: (800) 985-5990.