

LOCAL & NATIONAL ONLINE MENTAL HEALTH SCREENING & RESOURCES

Watch for symptoms. Take good care of yourself & your peers.

AMA STEPS Forward The AMA has created some user-friendly, brief online modules on professional well-being topics:

- Physician Burnout
- Physician Well-Being
- Preventing Physician Distress and Suicide
- Physician Wellness: Preventing Resident and Fellow Burnout
- Appreciative Inquiry: Fostering Positive Culture
<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

National Academy of Medicine In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. In particular, check out their Clinician Well-Being Knowledge Hub. <https://nam.edu/initiatives/clinician-resilience-and-well-being/>

The Accreditation Council for Graduate Medical Education (ACGME) Is focused on creating a learning environment with a culture of respect & accountability for physician well-being. The Council is focused on five key areas to support its ongoing commitment to physician well-being: Resources, Education, Influence, Research and Collaboration. <https://www.acgme.org/What-We-Do/Initiatives/PhysicianWell-Being>

ACGME AWARE Well-Being Resources Is a new suite of resources designed to promote well-being among residents, fellows, faculty members, and others in the GME community is now available on demand. <https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources>

10 Short TED Talks for When You are Feeling Burned Out
A nice collection of brief TED talks to help lift your spirits. Segments range from 4 – 20 minutes in length. https://www.ted.com/playlists/245/talks_for_when_you_feel_to_tall

Mindfulness-based Stress Reduction (MBSR) Palouse Mindfulness is a free 8-week online course, created by a certified MBSR instructor, based on the program founded by Jon Kabat-Zinn. <http://palousemindfulness.com/>

Anonymous Mental Health Screen Tool If you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to assess your emotional health. If you are concerned about yourself or someone you love, take a few minutes to complete an anonymous self-assessment. <https://www.helpyourselfhelpothers.org/>

Smartphone Apps:

- **Calm** is an app that focuses on sleep, meditation, and relaxation.
- **HeadSpace** is an app that focuses on teaching meditation and mindfulness in 10 minutes a day.
- **Moodkit** is an app developed by psychologists to help improve mood.

UIC Counseling Center - Mental Health Resources

Sometimes, all you need to get through a stressful time are some online resources. Other times, online resources are a helpful addition to other therapeutic services. While visiting the site, please consider taking an anonymous mental health screener, or look at the following resources for stress, anxiety, depression, suicidal thoughts, grief and loss, or tragedy. <https://counseling.uic.edu/online-resources/mental-health-resources/>

Employee Assistance Program This program is offered to all UIC employees and is a **confidential** assessment and referral service that provides problem identification, counseling, and referral services for employees and their families. <https://www.hr.uillinois.edu/benefits/worklife/eap>

UIH GME Confidential Hotline If you have an issue relating to your residency program that you don't feel comfortable discussing with your chief resident or program director, please call the GME Resident Hotline **312-996-8662**.

UIH GME Well-Being To promote well-being and to foster a sense of community and compassion, we have built this website to assist you to mitigate the effects of stress and prevent burnout. <https://hospital.uillinois.edu/about-ui-health/education/graduate-medical-education-gme/well-being-at-ui-health>

If you are having thoughts of wanting to harm yourself or others, please call 911 or go to your nearest emergency room.

National Suicide Prevention Lifeline Available 24/7
<https://suicidepreventionlifeline.org> online chat or call 800-273-TALK (8255).

COVID-19 SOCIAL-EMOTIONAL RESOURCES

Watch for symptoms. Take good care of yourself & your peers.

COVID-19 Managing Anxiety & Stress Resources

UIH COVID Emotional Support Line: (312) 996-4432 Effective Monday, April 6th
Open Monday through Friday, from 9 am through 5 pm
Refer to attachment titled: [COVID-19 Update Emotional Support Line](#).

UIC Employee Assistance Services, contact Geri Biamonte:
(312) 996-0547

[Magellan Healthcare](#).

<https://www.magellanhealthcare.com/covid-19/>

Magellan Employee Assistance Program ((EAP) - a 24/7 line available for support at **(866) 659-3848**.

[Centers for Disease Control and Prevention](#).

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

[World Health Organization \(WHO\)](#).

<https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

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COVID-19 UPDATE

Emotional Support Line

Dear UI Health—

Beginning today, we have a COVID-19 Emotional Support Line for healthcare workers and other hospital support staff involved in the care of patients diagnosed with or suspected of having COVID-19.

The Support Line team consists of a multidisciplinary group of clinicians — including psychiatrists, social workers, and psychologists — familiar with crisis management and psychological first aid **techniques aimed at fostering resilience and adaptation**. It will be led by Erin Tobin, LCSW, supervisor of Behavioral Health Social Work in the Department of Health Social Work.

You can reach the Support Line at 312.996.4432. Ms. Tobin will answer your call and conduct a brief intake. Next, you will receive a return call in less than 30 minutes from a member of the Support Line team. Depending on the nature of the challenges you are facing, you will receive support over the telephone for one or several calls. If you are interested in additional help, we can connect you with resources either within UI Health or at an outside agency. **The COVID-19 Support Line will be available Monday–Friday, 9 am through 5 pm.**

This resource is meant to complement other resources that are available to you within UI Health or privately. Remember, there are other resources available to you as a UI Health employee, including UIC Employee Assistance Services (contact Geri Biamonte at 312.996.0547) and Magellan Employee Assistance Program (EAP), a 24/7 support line, at 866.659.3848.

Sincerely,

Hospital Incident Management Team