

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/physician-well-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 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

The **Care for the Caregiver Program (C4C)** help providers and staff with emotional support following a stressful patient care experience. A peer support team is able to provide one-on-one emotional support to the members of our healthcare team. For more information, email c4c@uic.edu.

The **COVID-19 Emotional Support Line** is a free resource for all Hospital & Clinics staff who would like support for COVID-related stress, burnout, and trauma:

1. Call the COVID-19 Emotional Support Line: **312-996-4432**
2. A licensed clinical social (LCSW) will answer your initial call.
3. Another LCSW will return your call within a few minutes.

Referrals to behavioral health services are available throughout Employee Assistance Program. To get started, reach out to Geri Biamonte, employee assistance coordinator, at **312-996-3588**.

ComPsych

<https://www.guidanceresources.com/groWeb/login/login.xhtml>

App: GuidanceNowSM

Web ID: StateofIllinois

ComPsych Employee Assistance Program (EAP) – a 24/7 line available for support at **833-955-3400**.

COVID-19 Managing Anxiety & Stress Resources

Centers for Disease Control and Prevention.

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/index.html>

World Health Organization (WHO).

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

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National Suicide Prevention Lifeline Available 24/7

<https://suicidepreventionlifeline.org> online chat or call **1-800-273-TALK (800-273-8255)**.

Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Interactive Digital Tools

Our digital self-care platform, myStrength®, offers interactive behavioral health tools and resources. Log on for:

- Guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use and more
- Personalized resources on physical health conditions including smoking, diabetes, coronary disease
- Secure access through GuidanceResources® Online

All active and eligible employees NOT represented or covered by the collective bargaining agreement between the State of IL and AFSCME Council 31 are eligible for ComPsych® EAP services.

Bargaining unit employees represented by AFSCME Council 31 are eligible for services through Personal Support Program. Contact AFSCME Council 31 at 800.647.8776 or afscme31.org for more information.

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Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 833.955.3400

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: StateofIllinois

Log on today to connect directly with a GuidanceConsultant™ about your issue or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



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ComPsych GuidanceResources Employee Assistance Program

New Program Starting July 1, 2021
All non- AFSCME Council 31 eligible

Free, Confidential, 24/7 Assistance

Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work.

NEW FIVE (5) sessions of short term counseling available per person, per issue per year virtually or in person

NEW unlimited legal and financial telephonic consultations

NEW unlimited work life research and referral to elder care, child care, relocation, and more.

NEW digital tools thru myStrength CCBT and GuidanceResources.com

