

MAKE IT EASY FOR STAFF TO SEEK SUPPORT

Institutions and department leaders: Create a support map and share it widely so staff knows what to do if they find themselves in crisis. Think of it as an emergency action plan for employee mental health with the following recommended components:



EMERGENT CARE OPTIONS (ON-SITE)

- List the ways staff can seek care – confidentially – at your facility.

EMERGENCY CARE OPTIONS (OFF-SITE)

- Consider entering into contracts with nearby hospitals to provide a place for staff to seek support with additional confidentiality.

NON-EMERGENT CARE OPTIONS

- Provide a list of care options across different formats (in person, text, online chat, etc.).
- Ensure your employee insurance is accepted by the mental health professionals you recommend.

HOSPITAL OR DEPARTMENTAL MENTAL HEALTH/WELLNESS CHAMPIONS AND CONTACT INFORMATION

ADDITIONAL SUPPORT AND RESOURCES

- National suicide hotline
- Departmental peer support groups
- Free crisis counseling options
- Wellness apps



PEER SUPPORT PROJECT

IT'S OK TO NOT BE OK

YOUR WELLBEING MATTERS.

When you need help, you have options.



ABC HOSPITAL WELLNESS CENTER

Open 8 a.m. – 8 p.m. in Room 407, Building C

Free, confidential care for all hospital employees by appointment or walk-up

EFG HOSPITAL RESILIENCY UNIT

Open 8 a.m. – 8 p.m. in Room 101, Building D

Shared service agreement empowers ABC staff to seek free care by appointment or walk-up at this neighboring facility for additional confidentiality

CRISIS COUNSELING OR WELLNESS COACHING

The following mental health professionals are in-network for staff who utilize ABC insurance.

- Name, title, contact information
- Name, title, contact information
- Name, title, contact information

WELLNESS CHAMPIONS

Not sure where to start? Seek out these wellness leaders for assistance.

- Name, Chief Wellness Officer, contact information
- Name, Department Wellness Champion, contact information

ADDITIONAL SUPPORT & RESOURCES

- National Suicide Hotline
- Peer Support Groups
 - Group 1
 - Group 2
 - Group 3
- Mental Health & Wellness Apps



PEER SUPPORT PROJECT