

ADDITIONAL SUPPORT RESOURCES

MENTAL HEALTH RESOURCES AT MAIMONIDES

- **Maimonides Counseling for Employees, 718-283-7864**
Confidential, expedited appointments are available for all hospital employees. Call 718-283-7864 and state that you are a Maimonides employee to make an appointment.
- **Counseling for Residents and Fellows:** Dr. Erica Hutchison is available to provide free and confidential counseling to all MMC residents and fellows. Reach her at 347-996-6090 or ehutchison@maimonidesmed.org
- **Maimonides Chaplaincy and/or Spiritual Support:** General number 718-283-8500, or call:
 - Rabbi Leser at 718-283-7604
 - Father Francis at 718-283-8402
 - Imam Mohammed Ozalp at 718-283-8521
- **Self-Care and Creative Arts Groups:** Contact Lenia Batas (Director of Child Life Services) at 718-283-6289 or lbatas@maimonidesmed.org to schedule a group on your unit.

SMART PHONE APPS & WEBSITES FOR MENTAL HEALTH

Mindfulness:

Free apps that don't require subscriptions or in-app purchases:

- **Smiling Mind** <https://www.smilingmind.com.au/smiling-mind-app>
- **UCLA Mindful** <https://www.uclahealth.org/marc/ucla-mindful-app>

General Mental Health:

- **Moodfit** "Tools & Insight to Shape Up Your Mood" <https://www.getmoodfit.com/>
*Free with in app purchases
- **Happify** Fun exercises developed based on positive psychology, cognitive behavioral therapy, and mindfulness techniques. <https://www.happify.com/>
*Some exercises for free, subscription for 14.99/month (11.66/month w/ year subscription)
- **MoodMission** "An app for dealing with stress, low mood, and anxiety."
<http://moodmission.com/> *Free, in app purchases

The Wellness Society: A totally free online resource that includes many printable worksheets and other handouts that address a range of mental health topics:

<https://thewellnesssociety.org/free-tools/>

SELF-SCREENING TOOLS

→ Mental Health America

<https://screening.mhanational.org/screening-tools/>

Offers free screening tools* for mental health issues such as depression, anxiety, trauma, eating disorders, addiction, and more. Their website also includes many mental health resources.

**When filling out the screeners there is an option to add your demographic information, but you DO NOT have to include this information in order to get the results; it can be left blank.*

→ Provider Quality of Life Scale, 5th Edition (ProQOL 5)

<https://proqol.org/proqol-measure>

This is an excellent tool for self-assessing overall quality of life at work and specifically measures: burnout, secondary traumatic stress, and compassion satisfaction. Scroll down and choose to fill it out online (auto-score) or download a copy (self-score). They are doing a research study with the online version and you are welcome to include your data, but you can also choose to opt out. The ProQOL is also available in many other languages.

→ Secondary Traumatic Stress Scale

<https://theacademy.sdsu.edu/wp-content/uploads/2019/09/STSSwithscoreinterpretation.pdf>

Secondary traumatic stress is the stress that results from seeing or hearing about someone else's trauma. Healthcare workers often see patients experiencing pain or distress; it's normal and expected that we can be affected by these experiences. This scale can help us reflect on how we've been impacted by tough work experiences.

EMPLOYEE ASSISTANCE PROGRAMS & UNION SUPPORTS

→ Non-Union Employees: who are covered under Maimonides' Group Long Term Disability program are eligible for EmployeeConnectSM, an employee assistance program (EAP).

- The EAP provides confidential, free phone support from mental health counselors, 24 hours a day and 7 days a week. You can also see support for financial, legal, and family services.
- To learn more, go to: www.GuidanceResources.com (Username: LFGSupport; Password: LFGSupport1)
- You can also download the GuidanceNowSM mobile app or call 888-628-4824.

→ 1199 Members: 1199 members can use Teledoc for virtual appointments with a mental health professional. Teledoc accepts 1199 Benefit fund coverage and is free at the point of service for 1199 members. To learn more, go to: www.1199seiubenefits.org

- ➔ **NYSNA Members:** NYSNA members can call the Union Assistance Program to speak directly with professional counselors 24 hours a day, 365 days a year, via a toll-free number.
 - Counselors can assist with issues including family, stress, mental health, job related difficulties, loss and grief, and life changes. All conversations are confidential.
 - To learn more, go to: www.NYSNA.org

- ➔ **CIR Members:** Residents can access resources for mental health (coaching or short-term counseling), legal services, and financial wellness. Connect to a counselor for free support services: 800-386-7055. Available 24 hours a day, 7 days a week.
 - To learn more, go to: www.ibhworklife.com (Username: Matters; Password: wlm70101)
 - **Supplemental Mental Health Funds:** This benefit can be used to pay for fees for in-network or out-of-network mental health coverage and increases access to high quality mental health treatment.
 - Go to www.cirseiu.org/maimonides-hospital/
 - Scroll down to “Member Portal” and register
 - Submit claims for any amounts that you paid for mental health services that you paid but were not covered by Empire BCBS; \$5,000 per year
 - For clarification or questions, contact benefits@cirbenefitfunds.org or 212-356-8180

MENTAL HEALTH PROVIDER DIRECTORIES

➔ **1-888-NYC-WELL (1-888-692-9355)**

Or Text “WELL” to 65173 if you prefer to communicate via chat.

This is a free, confidential help line specific to NYC. They can provide information about mental health referrals near you that accept your insurance and even help you schedule an appointment. You can ask about providers with weekend/evening hours, specific areas of focus, etc.

They also provide confidential support for anyone experiencing distress, ***but can also provide support if you are concerned about a loved one or colleague and need support in helping that person.*** <https://nycwell.cityofnewyork.us/en/>

➔ **Psychology Today Directory for Therapists and Psychiatrists**

This is a helpful resource for finding a therapist/psychiatrist. You can filter by zip code, insurance accepted, and several other factors.

<https://www.psychologytoday.com/us/therapists/ny/new-york>

→ **ZocDoc for Medical Appointments**

This is a good resource for finding all types of providers, including mental health providers. You can quickly find and schedule appointments on the easy to use website.

<https://www.zocdoc.com/>

→ **Alma**

This is another directory for therapists/psychiatrists that simplifies the process of finding a provider by partnering directly with insurance companies and individual providers. They are partnered with several insurances and often have more in-network providers listed (Aetna, Cigna, Optum, Oscar, Oxford, UnitedHealthcare, and some Blue Cross plans).

<https://helloalma.com>

ADDITIONAL PHONE NUMBERS & HOTLINES

→ **NYC Suicide Hotline:** 1-888-NYC-WELL, or text WELL to 65173

→ **National Suicide Prevention Lifeline:** 1-800-273-8255

→ **National Suicide Prevention Lifeline (Spanish):** 1-800-628-9454

→ **LGBT National Hotline:** 1-888-843-4564

→ **Domestic Violence Hotline:** 1-800-621-HOPE

→ **Rape, Abuse, Incest National Network (RAINN) Hotline:** 1-800-656-4673

SELF-CARE: COPING STRATEGY IDEAS

COGNITIVE STRATEGIES

- ✓ **Notice what you control** – there is almost always something we can control in a stressful situation, even if it's just our outlook or our inner dialogue. Making active choices, even very small ones, can decrease feelings of helplessness and help us feel a little better overall.
- ✓ **Connect with anchor points** – connecting with things that are certain in the face of other unknowns can help us feel more grounded. Things like our values, why we chose our professions, religious beliefs, personality traits, or important and stable relationships are all things that are unlikely to change even if we're having a difficult time.
- ✓ **Widen your perspective** - stress can cause tunnel vision, which makes it hard to see the full picture. Actively widening our perspective helps us to make space for other neutral or positive thoughts & experiences. This doesn't mean the stressful event is less stressful, just that it takes up less of the overall picture.
- ✓ **Make meaning of a difficult situation** - consider what you can learn, how you can grow, or how you can positively impact others as a result of this challenging experience. We can't always problem solve or change stressful situations, but being taking something positive away from them significantly increases our resilience.

REGULATING/GROUNDING STRATEGIES

- ✓ Take Deep Breaths
- ✓ Practice positive self-talk
- ✓ Stretch, do a body scan, or muscle relaxation exercise
- ✓ Do something repetitive like counting, naming colors/animals/songs in a certain category, etc.
- ✓ Eat or drink something
- ✓ Splash cold water on your face
- ✓ Using your senses to be grounded in the moment (i.e. 5-4-3-2-1 method); or just focus on one sense that works for you.
 - Notice 5 things you can see
 - ...4 things you can feel
 - ...3 things you can hear
 - ...2 things you can smell
 - ...and 1 thing you can taste

ACTIVE AND/OR DISTRACTING STRATEGIES

- ✓ Move your body or go for a walk, even if it's just around your work space
- ✓ Change locations
- ✓ Accomplish something small
- ✓ Focus on the task at hand, without getting stuck in the past/future
- ✓ Watch or listen to something that is de-stressing
- ✓ Focus on a low stress project, like cleaning or organizing
- ✓ Find something to laugh about
- ✓ Play a quick phone game

SOCIAL STRATEGIES

- ✓ Text or call a friend
- ✓ Talk to a colleague about non-work topics
- ✓ Make jokes, share funny social media
- ✓ Plan your next social gathering
- ✓ Look at photos that remind you of good experiences
- ✓ Take a coffee / lunch break with someone
- ✓ Make a point of stopping to say hello to your colleagues as you walk around
- ✓ Offer to help someone out or work collaboratively (as long as this won't increase your stress load)