Resources to Support Employee Emotional Wellness

**Coping with Covid Hotline**
Washington University School of Medicine’s Department of Psychiatry is focused on helping employees on the front lines dealing with the stress caused by COVID-19. The “Coping with Covid Hotline” is available to hospital workers on the front lines to provide care and in-the-moment support. Please call the main department number at **314-286-1700** for brief emotional support in the setting of this crisis. The hotline is open Monday through Friday, from 8 a.m. to 7 p.m. Callers also have the option to be referred for telehealth appointments with a member of the Psychiatry faculty or referred to Zoom support groups.

**Work-Life Solutions (EAP)**
This employee assistance program offers free, confidential, 24/7 support and resources for employees and their family. Help is available for:

- Emotional counseling - consult with trained clinicians
- Legal issues – get guidance from an attorney
- Financial concerns – speak with financial experts
- Work/life resources - finding child or elder care to home repair and event planning

Call 844-365-4587 or visit GuidanceResources.com and enter the Web ID: WASHU

**UnitedHealthcare Behavioral Health**
The UHC Behavioral Health benefit includes counseling services to help employees effectively deal with stressful and challenging situations. A specialist will help employees identify their concern and the appropriate resource to address it. If desired, the specialist will match the employee with an in-network clinician to help.

- Anxiety
- Addiction
- Depression
- Domestic violence
- Eating disorders
- Medication management

**Virtual Visits** - You can also connect with a mental health provider from the comfort of home using a virtual visit. Convenient appointment times are available to accommodate busy schedules and may be a more timely option. Behavioral health virtual visits provide quick and easy access to behavioral health professionals from your mobile device, tablet or computer. Under “Provider Type”, select “Telemental Health Providers”.

**Talkspace** – Message a dedicated therapist anytime, anywhere, 24/7. Therapists respond daily, five days a week. Schedule live video sessions, when needed. Learn more at talkspace.com/connect.

Copays or co-insurance apply. Call 800-382-2599 or visit myuhc.com - click “Find a Doctor”.
UnitedHealthcare Nurse Advocate – Teresa Fisher, RN, BSN
Teresa is a registered nurse with a broad range of experience in healthcare. She is dedicated to Washington University and available to help employees address their health in a number of ways:

- Finding a mental health provider in the UnitedHealthcare network
- Assistance locating a provider who offers telemental health services
- Managing chronic conditions, like high blood pressure, diabetes, heart disease, etc.
- Navigating UnitedHealthcare tools and resources

Contact Teresa directly at 314-440-3882 or teresa.fisher@uhc.com

Move Into Mindfulness Program
This Mind-Body Stress Reduction (MBSR) program utilizes both formal and informal mindfulness meditation practices to teach participants how to reduce stress, increase concentration, manage health problems and live more fully productive lives. The full program consists of two 7-week series, Basics and Beyond the Basics, as well as advanced training on a variety of themes. Weekly drop-in practices and seminars are also available via Zoom. Visit wellnessconnection.wustl.edu/mindfulness to learn more.

Online BearFit Exercise Series
WashU Rec is offering exercise videos throughout the week, available on Instagram, YouTube and Facebook to help the WashU community stay active at home. Online personal training packages are also available. Learn more at https://students.wustl.edu/online-bearfit-programming/.

MyWay to Health Wellness Consultants
This WashU faculty-developed program is rooted in 25 years of research and offers employees individual consultations with a registered dietitian. Participants work to set goals and overcome barriers to improving their health and quality of life. The focus is on eating a nutritious diet, building regular routines for exercise, establishing healthy sleep and emotion management practices. Schedule a session at wellnessconnection.wustl.edu/MyWaytoHealth or email MyWaytoHealth@wustl.edu.

Programs Available by Request
Departments located at other locations or those looking for additional assistance can request a program or presentation. Please complete the form at hr.wustl.edu/wellness-connection/request-program/.

Visit wellnessconnection.wustl.edu for more information on employee wellness programs.