# Here for you.

Tap, click, or scan for comprehensive wellbeing resources for you and your family



The MedStar Health Center for Wellbeing offers a variety of confidential mental health/crisis support services for any MedStar Health associate or provider.

## Do you need to talk?

#### **Peer For You**

Our trained team of MedStar clinician and associate volunteer peer supporters is here to support you or your team in your time of need. Peer for You provides free and confidential supportive listening, Stress First Aid and suggestions for additional resources for all associates and providers. Peer supporters can meet with you or your team after stressful events and provide in-the-moment support over the phone 24/7 (for mental health emergencies please use the crisis numbers below).

> Tap, or scan

#### Call: 866-674-9355 (866-MSH-WELL)

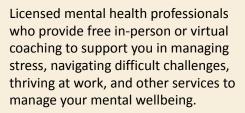


## Do you need coaching?

Do you need therapy or psychiatric support?

Are you in crisis?

#### **Mental Health** Coaches



#### **Nurse Wellbeing Specialists**



**Registered Nurses with additional** training in professional development, ethics/moral distress, and stress prevention provide free support and coaching for nursing department associates.

#### **Expedited MedStar Mental Health Appts**

Appointments with mental health providers for you or your children through MedStar's Psychiatry network. Call 202-944-5400. Be sure to say you are a MedStar associate.

#### **Mental Health Access** through EAP

BHS, the MedStar Health Employee Assistance Program (EAP) provides access to community-based mental health providers and services for you and your family. Call 866-765-3277.

MedStar Health

Available 24/7 -Call 866-765-3277

EAP

988

24/7 National crisis hotline - call or text 988

#### Go to the ED

Go to your local **Emergency Dept** 

