

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).

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



Do you need coaching?

Mental Health Coaches

Tap, click, or scan



Licensed mental health professionals who provide free in-person or virtual coaching to support you in managing stress, navigating difficult challenges, thriving at work, and other services to manage your mental wellbeing.

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.

Do you need therapy or psychiatric support?

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**.

Are you in crisis?

EAP

Available 24/7 -
Call 866-765-3277

988

24/7 National crisis
hotline - call or text 988

Go to the ED

Go to your local
Emergency Dept



MedStar Health

