

# LOCAL & NATIONAL ONLINE MENTAL HEALTH SCREENING & RESOURCES

**Watch for symptoms. Take good care of yourself & your peers.**

**[AMA STEPS Forward](#)** The AMA has created some user-friendly, brief online modules on professional well-being topics:

- Physician Burnout
- Physician Well-Being
- Preventing Physician Distress and Suicide
- Physician Wellness: Preventing Resident and Fellow Burnout
- Appreciative Inquiry: Fostering Positive Culture  
<https://edhub.ama-assn.org/steps-forward/pages/professional-well-being>

**[National Academy of Medicine](#)** In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. In particular, check out their Clinician Well-Being Knowledge Hub. <https://nam.edu/initiatives/clinician-resilience-and-well-being/>

**[The Accreditation Council for Graduate Medical Education \(ACGME\)](#)** Is focused on creating a learning environment with a culture of respect & accountability for physician well-being. The Council is focused on five key areas to support its ongoing commitment to physician well-being: Resources, Education, Influence, Research and Collaboration. <https://www.acgme.org/meetings-and-educational-activities/physician-well-being/>

**[ACGME AWARE Well-Being Resources](#)** Is a new suite of resources designed to promote well-being among residents, fellows, faculty members, and others in the GME community is now available on demand. <https://www.acgme.org/What-We-Do/Initiatives/Physician-Well-Being/AWARE-Well-Being-Resources>

**[10 Short TED Talks for When You are Feeling Burned Out](#)**  
A nice collection of brief TED talks to help lift your spirits. Segments range from 4 – 20 minutes in length. [https://www.ted.com/playlists/245/talks\\_for\\_when\\_you\\_feel\\_to\\_tall](https://www.ted.com/playlists/245/talks_for_when_you_feel_to_tall)

**[Mindfulness-based Stress Reduction \(MBSR\)](#)** Palouse Mindfulness is a free 8-week online course, created by a certified MBSR instructor, based on the program founded by Jon Kabat-Zinn. <http://palousemindfulness.com/>

**[Anonymous Mental Health Screen Tool](#)** If you are feeling overwhelmed, depressed, or unable to do the things you once enjoyed, it may be time to assess your emotional health. If you are concerned about yourself or someone you love, take a few minutes to complete an anonymous self-assessment. <https://www.helpyourselfhelpothers.org/>

## **Smartphone Apps:**

- [Calm](#) is an app that focuses on sleep, meditation, and relaxation.
- [HeadSpace](#) is an app that focuses on teaching meditation and mindfulness in 10 minutes a day.

## **[UIC Counseling Center - Mental Health Resources](#)**

Sometimes, all you need to get through a stressful time are some online resources. Other times, online resources are a helpful addition to other therapeutic services. While visiting the site, please consider taking an anonymous mental health screener, or look at the following resources for stress, anxiety, depression, suicidal thoughts, grief and loss, or tragedy. <https://counseling.uic.edu/crisis/>

**[Employee Assistance Program](#)** This program is offered to all UIC employees and is a **confidential** assessment and referral service that provides problem identification, counseling, and referral services for employees and their families. <https://www.hr.uillinois.edu/benefits/worklife/eap>

**[UIH GME Confidential Hotline](#)** If you have an issue relating to your training program that you don't feel comfortable discussing with your chief resident or program director, please call the GME Resident Hotline **312-996-8662** or complete the [confidential online form](#).

**[UIH GME Well-Being](#)** To promote well-being and to foster a sense of community and compassion, we have built this website to assist you to mitigate the effects of stress and prevent burnout. <https://hospital.uillinois.edu/about-ui-health/education/graduate-medical-education-gme/well-being-at-ui-health>

**If you are having thoughts of wanting to harm yourself or others, please call 911 or go to your nearest emergency room.**

**988 Suicide & Crisis Lifeline Available 24/7**  
<https://988lifeline.org/> online chat or call 988.

## SOCIAL-EMOTIONAL RESOURCES

Watch for symptoms. Take good care of yourself & your peers.

### Managing Anxiety & Stress Resources

The **Care for the Caregiver Program (C4C)** help providers and staff with emotional support following a stressful patient care experience. A peer support team is able to provide one-on-one emotional support to the members of our healthcare team. For more information, email [c4c@uic.edu](mailto:c4c@uic.edu).

Referrals to behavioral health services are available through our Employee Assistance Program. To get started, reach out to Geri Biamonte, employee assistance coordinator, at **312-996-3588**.

#### **ComPsych**

<https://www.guidanceresources.com/groWeb/login/login.xhtml>

App: GuidanceNow<sup>SM</sup>

Web ID: StateofIllinois

ComPsych Employee Assistance Program (EAP) – a 24/7 line available for support at **833-955-3400**.

#### **Physician Support Line**

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

Psychiatrists helping our US physician colleagues and medical students navigate the many intersections of our personal and professional lives.

1 (888) 409-0141

Free & Confidential | No appointment necessary

Open 7 days a week | 8:00AM - 1:00AM ET

### COVID-19 Managing Anxiety & Stress Resources

#### **Centers for Disease Control and Prevention.**

<https://www.cdc.gov/mental-health/living-with/index.html>

#### **World Health Organization (WHO).**

[https://www.who.int/health-topics/mental-health#tab=tab\\_3](https://www.who.int/health-topics/mental-health#tab=tab_3)

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#### **988 Suicide & Crisis Lifeline Available 24/7**

<https://988lifeline.org/> online chat or call **988**.

# Contact Us... Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



## Confidential Emotional Support

Our highly trained clinicians will listen to your concerns and help you or your family members with any issues, including:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



## Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



## Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



## Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



## Online Support

GuidanceResources® Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



## Interactive Digital Tools

Our digital self-care platform, myStrength®, offers interactive behavioral health tools and resources. Log on for:

- Guided programs on anxiety, chronic pain and opioids, depression, mindfulness, sleep, stress, substance use and more
- Personalized resources on physical health conditions including smoking, diabetes, coronary disease
- Secure access through GuidanceResources® Online

*All active and eligible employees NOT represented or covered by the collective bargaining agreement between the State of IL and AFSCME Council 31 are eligible for ComPsych® EAP services.*

*Bargaining unit employees represented by AFSCME Council 31 are eligible for services through Personal Support Program. Contact AFSCME Council 31 at 800.647.8776 or afscme31.org for more information.*

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COMPSYCH®  
GuidanceResources® Worldwide

Your ComPsych® GuidanceResources® program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 833.955.3400

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: StateofIllinois

Log on today to connect directly with a GuidanceConsultant™ about your issue or to consult articles, podcasts, videos and other helpful tools.

# 24/7 Support, Resources & Information



## Contact Your ComPsych® GuidanceResources® Program

Call: 833.955.3400

TTY: 800.697.0353

Online: [guidanceresources.com](http://guidanceresources.com)

App: GuidanceNow<sup>SM</sup>

Web ID: StateofIllinois

# ComPsych GuidanceResources Employee Assistance Program

New Program Starting July 1, 2021  
*All non- AFSCME Council 31 eligible*

Free, Confidential, 24/7 Assistance

Our counseling, self-improvement tools and solutions for everyday issues can help you be your best, at home and at work.

**NEW** FIVE (5) sessions of short term counseling available per person, per issue per year virtually or in person

**NEW** unlimited legal and financial telephonic consultations

**NEW** unlimited work life research and referral to elder care, child care, relocation, and more.

**NEW** digital tools thru myStrength CCBT and GuidanceResources.com





This guide is designed to help healthcare team members who are experiencing a normal reaction to a stressful event or outcome.



## Overview

UI Health has developed the Care for the Caregiver program to help provide emotional support to providers and staff through the experience of patient care.

Through the Care for the Caregiver program, UI Health hopes to better coordinate support for providers and staff when they are involved in stressful patient care experiences. In addition to already existing resources such as the EAP and Spiritual Care Services, Care for the Caregiver has established a peer support team to provide one-on-one, emotional firstaid for all care team members at UI Health. If you are experiencing a normal reaction to a stressful event or outcome, we can help.

Our goal is to help care team members understand what normal reactions to stressful events look and feel like, and the resources available to them. The program is available to all health care team members at UI Health hospitals and clinic sites.

Care for the Caregiver

Email: [c4c@uic.edu](mailto:c4c@uic.edu)



Content adapted from the Care for the Caregiver peer support program at the University of California San Francisco.

CAREGIVERS



# CARE FOR THE CAREGIVER



## Who Would Benefit from the C4C Program?

A care team member who is traumatized by involvement in an adverse or unexpected patient event, a medical error, or stressful patient care experience.

These types of experiences can leave the caregiver:

- Feeling personally responsible for the patient outcome
- Feeling as though they have failed the patient
- Second-guessing their clinical skills and knowledge base

### Common reactions to stressful events

#### Physical symptoms:

- Sleep disturbance
- Difficulty concentrating
- Eating disturbance
- Headache
- Fatigue
- Diarrhea
- Nausea or vomiting
- Rapid heart rate
- Rapid breathing
- Muscle tension

#### Psychological symptoms:

- Isolation
- Frustration
- Fear
- Grief and remorse
- Uncomfortable returning to work
- Anger and irritability
- Depression
- Extreme sadness
- Self-doubt
- Flashbacks



### Ways to cope with stress

- Remind yourself that it is OK that you are experiencing expected reactions to a stressful event
- Keep your life as routine as possible
- Physical exercise, along with relaxation, will help alleviate some physical reactions to stress
- Avoid alcohol and drug use
- Give yourself permission to react; don't try to hide your feelings
- Eat regularly and minimize the use of sugar and caffeine
- Do something nice for yourself

## What is the role of the peer supporter?

The role of the supporter is to help a clinician cope by listening, offering perspective, emphasizing self-care and may help in providing additional resources and referrals to other support organizations.

### The Care for the Caregiver program has been established to:

- Increase institutional awareness of support for UI Health caregivers experiencing difficult circumstances from the challenges inherent to the healthcare delivery system
- Provide consistent and targeted system-wide guidance and support for caregivers at UI Health
- Provide resources for leaders and managers to effectively support caregivers and refer them to additional support resources

### What the peer supporters offer:

- Provide the caregiver with a safe space to express thoughts and reactions to enhance coping
- Ensure that information shared is strictly confidential
- Provide one-on-one support to explore the caregiver's feelings
- Provide the caregiver assurance that he or she is experiencing a normal reaction
- Refer the caregiver to other appropriate resources as needed

