

## Resources For Montefiore-Einstein Associates During Covid-19

During these challenging times, Montefiore understand associates may have an increased need for mental health and wellbeing resources. Below please find the free resources available. For a full listing of other resources related to physical wellbeing, financial wellbeing, and childcare resources, please visit <https://www.mymontebenefits.com/to-your-health>.

### Counseling & Behavioral Health Resources:

#### ✓ Department of Psychiatry Services

##### ○ Psychotherapy and Medication Management

- All associates can contact the Montefiore Psychiatry Department to schedule an appointment. Email [MEPA@montefiore.org](mailto:MEPA@montefiore.org) with your name, date of birth, reason for visit, and type of service requested (psychotherapy and/or medication management).

##### ○ Montefiore Emotional Support Ally (MESA)

- Each frontline associate working with COVID-19 patients will be assigned an “ally” from the Department of Psychiatry who will be available for periodic “check-ins” and brief emotional support if desired. This is entirely voluntary. If you have not heard from your “ally” and are interested in the program, please contact your supervisor.

#### ✓ To Your Health! Associate Wellness Psychologist Consultations

- All associates have access to the Associate Wellness Wellbeing Manager, a licensed psychologist, for short-term consultations and referrals. Email Dr. Brenda Boatswain at [bboatswa@montefiore.org](mailto:bboatswa@montefiore.org); all appointments confidential.

#### ✓ Employee Assistance Programs (EAPs)

##### ○ Non-1199 Associates & Households - Carebridge EAP

- Individual counseling with a licensed practitioner, and manager services, are available 24/7 at 1-844-300-6072, or by emailing [clientservice@carebridge.com](mailto:clientservice@carebridge.com). The EAP also provides critical incident debriefing and free virtual live webinars which can be found at [www.myliferesource.com](http://www.myliferesource.com), access code C4NKN.

##### ○ 1199 Associates - Member Assistance Program

- The 1199 Member Assistance Program provides services related to mental health, substance use and emotional wellbeing. They can be reached Monday - Friday, 9am - 5pm at 646-473-6900, or visit [Teladoc.com](http://Teladoc.com) for 24/7 telephonic mental health services.

### Well-being Resources for Teams and Associates:

#### ✓ Montefiore Staff Support Centers

- Refreshments, respite, and support are available in the Caregiver Support Centers at the Moses, Weiler, and Wakefield campuses. A CHAM support center may also be established in the future if needed.

#### ✓ Team Emotional Support

##### ○ Montefiore's Staff Emotional Support (SES) Team

- This multi-disciplinary team is available to provide grand rounds lectures, workshops, in-person support workgroups or attend team huddles. Your supervisor can contact the site behavioral health liaison who will help arrange these supports with the SES Team.

##### ○ To Your Health! Associate Wellness Wellbeing Manager

- Dr. Brenda Boatswain is available for departmental workshops, and other team support programming. Email [toyourhealth@montefiore.org](mailto:toyourhealth@montefiore.org).

#### ✓ Nutrition Services

- Free nutrition counseling and workshops are available through To Your Health! Associate Wellness by emailing [wellnessRD@montefiore.org](mailto:wellnessRD@montefiore.org).

#### ✓ Montefiore's Relaxation Tracks

- Guided activities to help anxiety in English & Spanish can be reached at 718-920-CALM (2256) or at [montefiore.org/healingarts](http://montefiore.org/healingarts).

#### ✓ Care Guidance Program (Empire insured associates)

- All Empire Insured individuals have access to Care Guidance to assist with the management of their own healthcare, and anyone on their insurance plan. Contact Care Guidance at 855-662-9355.

## Self-Care for Our Montefiore-Einstein Associates

### How Can I Stay Emotionally Healthy?

- ✓ **Know the warning signs.** Everyone reacts to stress differently. When things aren't going as planned, or you feel overwhelmed or like you are losing control pay attention to the warning signs and take extra care. Some common stress warning signs include:

- Headaches, muscle tension, neck or back pain
- Upset stomach
- Dry mouth
- Chest pains, rapid heartbeat
- Difficulty falling or staying asleep
- Fatigue
- Loss of appetite or overeating "comfort foods"

- Increased frequency of colds
- Lack of concentration or focus
- Memory problems or forgetfulness
- Jitters
- Irritability
- Short temper
- Anxiety

- ✓ **Connect with others.** Reaching out to friends and loved ones is one of the best ways to reduce anxiety, depression & loneliness. You can do this virtually. Share your concerns, talk and laugh "face to face." Speaking to a professional counselor is also a helpful choice.
- ✓ **Take care of your body & mind.** This is even more important during stressful times. Take deep breaths, stretch or meditate. Try to **eat healthy foods, get adequate sleep.** Avoid unhealthy ways of coping, like alcohol and drugs. Focusing on the positive and staying hopeful can help manage stress. Consider keeping a journal where you write about things that are going well or for which you feel grateful. Remind yourself that this situation will pass.
- ✓ **Stay Active.** Take some time to move your body. Try going for a walk, bike riding, or doing some at-home exercises.
- ✓ **Stick to a daily routine.** Keep your usual routines for such things as meal times, bedtime and waking time. This helps life feel safe and predictable.
- ✓ **Take Breaks.** Make time to relax and plan activities that you enjoy.
- ✓ **Limit time watching news and on social media.** Regularly reading or listening to scary messages may not help with planning and may only increase your anxiety. Take care of yourself by limiting the time you and your family spend watching or listening to upsetting news. To get the facts you need to keep yourself and your family safe, look for information on Montefiore's intranet, the WHO and CDC websites or local public health agencies, and limit how much you **check those websites to 2-3 times per day.**

### Safety Concerns:

- ✓ **If you or someone near you is a clear and present danger to themselves or others call 911**
- ✓ **National Suicide Prevention Lifeline (24/7): Call 1-800-273-TALK (8255) or for Español 1-888-628-9454**