

COVID-19 Well-being Resources

The following is a list of resources to support the U of U Health community in response to COVID-19.

Check-in with yourself:

- 1 Are you meeting your basic needs?**
Eat as healthy as you can, drink water, get enough sleep, move regularly, keep a daily routine (as well as you are able).
- 2 Are you taking breaks?**
Even taking a 10-minute walk, watching a funny video, or eating with loved ones can help you decompress.
- 3 Are you able to recognize the good?**
Practice 3 good things, moment of awe, and mindfulness.
- 4 Are you staying connected?**
Small, positive actions to keep and maintain connections help. Check in with friends, colleagues, and neighbors.
- 5 Do you know it's okay to ask for help?**
Talking with a trained expert can be a great way to reset, learn a new coping strategy, and get support. And we're here (look to the right).

Check-in with your team:

- 1 Do you have a daily huddle?**
A quick check with co-workers to make sure people are doing OK and have what they need.
- 2 Do you use the buddy system?**
You may want to check in with one-on-ones.
- 3 Do you validate each other's emotions?**
Validate and acknowledge emotions when people express them. Crisis brings out the best and worst in us. Everyone is struggling.
- 4 Do you recognize concerning symptoms?**
Anger, poor self-care, and increased substance use are some things to look for. Use the resources on the right, or the national Substance Abuse and Mental Health Services Administration hotline:

Disaster Distress Hotline: 1-800-985-5990
Text: TalkWithUs to 66746



Need to talk to someone?

Well-being Quick Contacts:

For general support questions:

Resiliency Center

Phone: 801-213-3403

Email: resiliencycenter@hsc.utah.edu

For employee counseling services:

Employee Assistance Program

(EAP, Blomquist Hale)

Phone: 801-587-9319

Email: kendrick@blomquisthale.com

For medical residents and fellow questions:

GME Wellness Office

Phone: 801-213-8753

Email: amy.armstrong@hsc.utah.edu

For undergraduate student questions:

Medical Student Wellness Program

Phone: 801-585-1207

Email: teresa.stocks@hsc.utah.edu

For employee illness, testing and questions about returning to work:

Work Wellness Clinic

Phone: 801-581-2227

Or schedule an online debrief.

Online Debrief:

Starting March 23, Covid-19 Virtual Support Sessions will provide emotional support, coping tips and connection for all personnel working in patient care areas during the Covid-19 crisis.

Available 3x/day, every day: this confidential service is available Monday – Friday during the following times:

8:00 a.m. – 8:30 a.m.

12:00 p.m. – 12:30 p.m.

5:00 p.m. – 5:30 p.m.

Access Virtual Support Sessions here:

<https://zoom.us/j/931449815>

To request a separate individual or group session, please contact the Resiliency Center at resiliencycenter@hsc.utah.edu (Alternative times available upon request).