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).