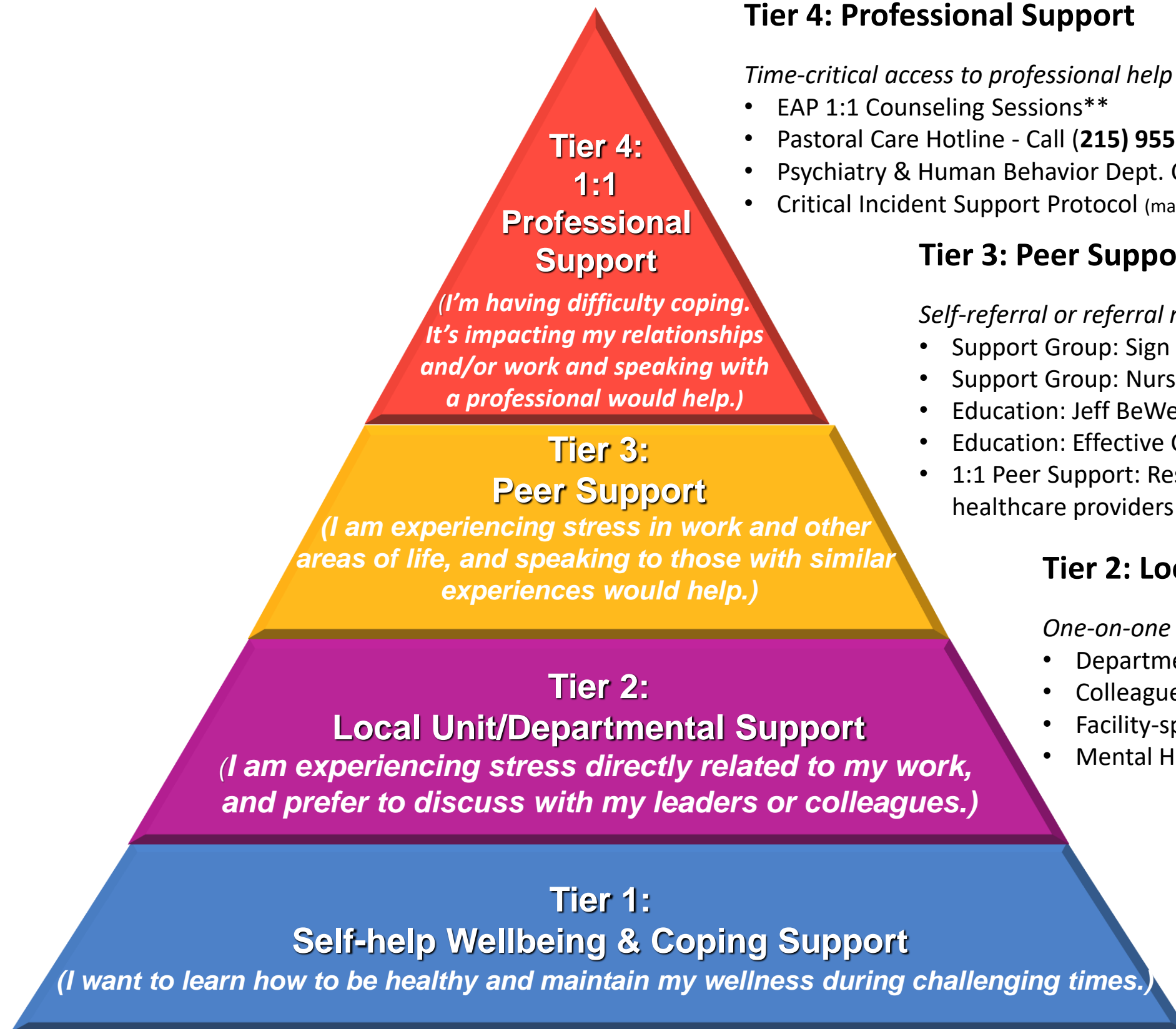


Jefferson's Psychological Wellness Resources

[Click here for more information on these resources](#)



Tier 4: Professional Support

Time-critical access to professional help

- EAP 1:1 Counseling Sessions**
- Pastoral Care Hotline - Call **(215) 955-3303**
- Psychiatry & Human Behavior Dept. Counseling - Call **(215) 955-8962**
- Critical Incident Support Protocol (managers can escalate requests for support sessions through HRBP's)

EAP FirstCall: **(800) 382-2377 (Center City, East Falls, Northeast)

EAP Carebridge: **(800) 437-0911 (Abington, Magee, NJ)

Tier 3: Peer Support

Self-referral or referral made by local unit/department supporter

- Support Group: Sign Out Support (SOS) sessions
- Support Group: Nurse2Nurse sessions
- Education: Jeff BeWell Coping Skills sessions
- Education: Effective Coping Skills for healthcare providers
- 1:1 Peer Support: Resilience in Stressful Events (RISE) Program for healthcare providers (Abington, TJUH, MHD, JHN)

Tier 2: Local Unit/Department Support

One-on-one reassurance and practical help

- Department/unit support from manager, chair
- Colleague support and personal network/community
- Facility-specific virtual *We Care* Teams
- Mental Health First Aid Training

Tier 1: Self-help Resources

Provides self-help/early intervention support

- Print, audio and video resources
- EAP well-being webinars
- Managing anxiety and building resilience
- Dealing with difficult emotions
- Mindfulness/breathing
- Family/Parenting; remote work

Adapted from UofM peer support model