

# Supporting the Health and Well-Being of JHM Faculty and Staff

(Scroll down for non-JH resources)

We recognize that there are many reasons that COVID-19 may cause stress. We would like to highlight the existing JHM resources available to you. As the COVID-19 situation unfolds, the JHM Office of Well-Being will serve as a coordinating center to communicate individual and team support. Contact us at [owb@jhmi.edu](mailto:owb@jhmi.edu) or visit us at <https://www.hopkinsmedicine.org/joy-at-jhm/office-of-well-being/>.

**mySupport**—Provides several types of assistance to The Johns Hopkins University and Johns Hopkins Medicine faculty and staff, including emotional support to help you manage stress at work or at home, emotional distress, or a difficult life transition; daily life assistance, such as referrals for child care or elder care; and referrals for legal and financial assistance. This free benefit is confidential and available to you and your household family members 24/7.

Johns Hopkins University	443-997-7000, Option #2
The Johns Hopkins Hospital, Johns Hopkins Health System Corporation, Johns Hopkins Bayview Medical Center, Johns Hopkins Community Physicians, Johns Hopkins Healthcare, Johns Hopkins Home and Community-Based Services.	443-997-7000, Option #2
Johns Hopkins All Children’s Hospital, Howard County General Hospital, Sibley Memorial Hospital and Suburban Hospital	888-482-2733

**RISE**—The Resilience in Stressful Events team provides timely and confidential peer-to-peer support for staff in stressful events. RISE can provide individual support or support for teams. Anyone that serves JHM can access RISE support.

The Johns Hopkins Hospital, Johns Hopkins Bayview Medical Center, Sibley Memorial Hospital, Suburban Hospital, Johns Hopkins Community Physicians, Johns Hopkins Healthcare, Johns Hopkins Home and Community Based Services.	Pager: 410-283-3953 CORUS: JHH - Patient Safety - RISE Team (c2227)
Johns Hopkins All Children’s Hospital	727-767-RISE (7473)
Howard County General Hospital	Pager: 410-232-5423 CORUS: HCGH-RISE TEAM HCGH (C2257)

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**Spiritual Care**—Spiritual Care is located on-site at each affiliate hospital. For employees located in Johns Hopkins Community Physicians, Johns Hopkins Healthcare, and Johns Hopkins Home and Community Based Services, contact the Spiritual Care location of your choice.

The Johns Hopkins Hospital	Main: 410-955-5842 On Call: 410-434-0909
Johns Hopkins All Children’s Hospital	727-767-4258
Johns Hopkins Bayview Medical Center	Main: 410-550-7569 On Call: 410-283-4345
Howard County General Hospital	410-740-7898
Sibley Memorial Hospital	202-537-4084
Suburban Hospital	301-896-3178

**Healthy at Hopkins**—The branded employee health and well-being program for JHHS employees. Resources and programs cover the spectrum of healthy lifestyle strategies, such as sleep, meditation and relaxation techniques and are available for individuals and teams. Please click [here](#) to access the Healthy at Hopkins portal or log onto my.jhu.edu and click on the Healthy at Hopkins logo on the right side of the screen to access the Healthy at Hopkins portal.

Questions? Email <a href="mailto:contactus@healthyathopkinssupport.com">contactus@healthyathopkinssupport.com</a> , or call 1-833-554-4554.
SOM faculty and staff contact <a href="https://hr.jhu.edu/benefits-worklife/wellness-programs/">https://hr.jhu.edu/benefits-worklife/wellness-programs/</a> .
Howard County General Hospital <a href="https://www.hcgh.net/Intranet/main.aspx?tid=1078&amp;mtid=836">https://www.hcgh.net/Intranet/main.aspx?tid=1078&amp;mtid=836</a> or Health Promotion at 410-370-7958 or email <a href="mailto:HCGH-wellness@jhmi.edu">HCGH-wellness@jhmi.edu</a> .

**Department of Psychiatry and Behavioral Sciences**—Provides assessment and management of mental illnesses like major depressive disorder, panic disorder and post-traumatic stress disorder for faculty and staff working at **JHH and Bayview**. To access these services, call mySupport at 443-997-7000, option #2, and ask to be transferred to the mySupport Onsite Clinical Team. Also currently providing three times a day stress management mindfulness meditation sessions available to **all JHM staff** on Zoom.

Access stress management sessions for all JHM staff: <a href="https://jhjhm.zoom.us/j/747490420">https://jhjhm.zoom.us/j/747490420</a> 8 a.m., noon, 5 p.m.
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## ADDITIONAL RESOURCES

If you are overwhelmed by stress and difficult challenges, seek help from a health professional. If you are in crisis, an additional resource may be the toll-free, 24-hour **National Suicide Prevention Lifeline** at 1-800-273-TALK (1-800-273-8255).

If you or someone in your family is facing mental and/or substance use disorders, seek help from a health professional. An additional resource may be the toll-free, 24-hour **Substance and Mental Health Services Administration** at 1-800-662-HELP (1-800-662-4357).

University of Maryland: Resilience in Stressful Events (RISE)  
RISE is a peer support service for University of Maryland staff who encounter stressful, clinically related events. Support from RISE is available 24 hours a day/7 days a week. A RISE responder is immediately available to assist you. Contact:  
Gena Stanek- [gstanek@umm.edu](mailto:gstanek@umm.edu)  
Ruth Smith- [rsmith5@umm.edu](mailto:rsmith5@umm.edu)

