



We have an abundance of resources available to support your mental and emotional health, and we know it may be challenging to figure out what's the best place to start for you. We've organized the available resources to help you decide what's the right next steps for you.

1 ON 1 SUPPORT

Therapy

Mental Health CARES 617-724-7150

[Employee Assistance Program](#)

Call 1-866-724-4327

[I.M. Emotional Support Hub](#)

Connect with easily-accessible peer support through the [Physician Support Line](#), [The Emotional PPE Project](#) and [The Therapy Aid Coalition](#).

[ReLOVEution](#)

We're here to listen! [Sign up here!](#)

Peer Support for Processing

Physician Support Line 1-888-409-0141

[We care Peer Support Program](#)

[Request Peer Support](#)

Coaching for Reflection/Goal-setting

MGH Clinician Coaching Services

[Register here](#) to sign up for 1:1 coaching.

SPIRITUAL WELL-BEING

Mass General Christian Fellowship for Staff

Weekly Bible study on Tuesdays 12-1pm. Each week we read, reflect and discuss passages in the Bible. Please email Jerin Raj at jraj@mg.harvard.edu for additional questions and the zoom link.

Access to Kosher Meals

The MGH Spiritual Care Department received the following link for staff seeking a Kosher meal for the holidays. Please complete [the online form](#) and contact Ana Sazonov at 470-318-8761 for any questions.

[Daily TV Mass](#)

Through the use modern media, the NCBC provides access to the Daily TV Mass and the National Catholic Mission, as a way for our community to stay near to the Church and our Catholic Faith.

GROUP SUPPORT

Guide: [Reflection Rounds To Address MGH Clinician Needs in Light of the COVID- 19 Pandemic](#)

Reflection rounds can help offset distress and build resiliency for individuals and the group.

Benson Henry Institute's Front-line Clinician Resiliency Groups

This program builds resiliency skills building groups for front line physicians, nurses, patient care service clinicians, and advance practice providers.

[Learn more and sign up here.](#)

[Frigoletto Daily, Free Sessions for Mindfulness and Resiliency](#)

For all physicians, NPs, and PAs. Starting March 30, join Beth Frates, MD, for a daily Zoom meeting on well-being when times are changing.

LEARNING & GROWTH

Monthly Series hosted by [Nataly Kogan](#)

[Session#1: 04/30/21, 8:00A-9:00A](#)

Challenge is Constant, Struggle is Optional:
How to Talk Back to Your Brain During Stress

[Session#2: 05/25/21, 4:30P-5:30P](#)

Using Your Energy in Ways That Serve You:

Your Emotions and Energy Matter

[Session#3: 06/17/21, 12:00P-1:00P](#)

Giving Yourself (and Others!) What You Need:

No-Guilt Realistic Self-Care

[Compassion In Action Webinars, The Schwartz Center](#)

Compassion in Action Webinars

View the first TEDx MGH talk: ["Putting the Most Meaningful Things First,"](#) by [O'Neil Britton, MD](#), at the [new TEDx MGH site](#) on Apollo.

SELF CARE ACTIVITIES

[The On Being Project](#)

The On Being Project is an independent non-profit public life and media initiative with radio, podcasts, digital, poetry, and live event offerings.

PeaceLove Virtual Workshops

1. Visit the [landing page](#)
2. Click **Access Your Virtual Workshops**
3. Enter your access code: **77134**

[Headspace](#)

Be kind to your mind, less stressed, more resilient, and happier. Free access for Mass General Brigham Employees.

McLean: [Caring for Your Mental Health](#)

[5 Ways to Reduce Anxiety](#)

Mayo Clinic: [Meditation Basics](#)

[Relaxation Basics](#)

TenPercent: [Coronavirus Sanity Guide FREE](#)

ENTERTAINMENT

[Songs of Comfort YouTube Playlist](#)

[Songs of Comfort Spotify Playlist](#)

[Lincoln Center Memorial for Us All](#)

[Yo-Yo MA Spotify List](#)

[Audible Stories FREE Audiobooks for Kids](#)

Right now, kids everywhere can instantly stream an incredible collection of stories.

[FREE Broadway Musicals](#)

BroadwayHD is letting you watch your favorite musicals for free for a limited time.

[The Moth Podcast](#)

The Moth is a non-profit group based in New York City dedicated to the art and craft of storytelling.

[Well-being Resources from MGH Department of Psychiatry](#)

The MGH Department of Psychiatry has put together a curated set of resources with a particular emphasis on materials that will be of use to providers and those they serve.