

CORONAVIRUS DISEASE 2019 (COVID-19)

New Support Groups & Other Well-being Resources for Colleagues



Audience: Colleagues

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Now, more than ever, it is critical for us all to pay attention to our mind, body and spirit well-being. Trinity Health offers free tools and resources to support you and your loved ones during this difficult time.

Trinity Health offers Carebridge, our Employee Assistance Program (EAP) provider at no cost, for all colleagues and their dependents (including college students), spouse and any person(s) living in their household. EAP is part of an overall wellness approach designed to support you. It is a confidential resource providing counseling, information and referral services to help address personal, family or work-related concerns. Carebridge has recently launched several new opportunities to support colleagues and family members in managing COVID-19 related stressors and grief and loss issues related to the pandemic. Below is a summary of resources.

NEW! Free Online Support Groups for Health Care Workers and Professionals

Online Support Groups:

Carebridge will provide online weekly check-ins to assist health care workers and professionals with the emotional strain induced by the pandemic. Learn how to thrive during this stressful time and to enhance your physical, mental and emotional well-being. Habits, beliefs and behaviors that promote resilience will be highlighted.

- Tuesday, September 8, 2020, 12:00 p.m. EST: [COVID-19 - Returning to School: When the New Normal Does Not Feel Normal](#)
- Wednesday, September 9, 2020, 2:00 p.m. EST: [After a Loss: Grief Support for Suicide Loss Survivors](#)
- Wednesday, September 23, 2020, 10:00 a.m. EST: [COVID-19 - Returning to School: When the New Normal Does Not Feel Normal](#)
- Tuesday, September 29, 2020, 10:00 a.m. EST: [Practicing Gratitude to Build Resilience](#)
- Click [HERE](#) to access recorded support group sessions

Webinars:

Carebridge is offering several live presentations to address pandemic-induced concerns related to personal finances, self-care for personnel in critical functions, and caring for elders. Additional wellness presentations on relaxation strategies, healthy sleep, and managing stress are available. Advanced registration for live sessions is recommended as space is limited. Presentations will be recorded and will be available on the Carebridge Connects website.

- Thursday, September 10, 2020, 12:00 p.m. EST: [Suicide Awareness](#)
- Thursday, September 17, 2020, 12:00 p.m. EST: [Parenting Skills: Helping Your Child Focus](#)
- Click [HERE](#) to access recorded webinars

All group sessions will be 30 minutes and will be facilitated by mental health, wellness and/or grief experts. Participants will have the ability to ask questions of the facilitator and to share experiences anonymously through a chat box to protect privacy.

Advanced registration is encouraged for all webinar presentations and virtual support groups but can also be done just prior to the start of the session.

Carebridge EAP call center clinicians will encourage colleagues accessing EAP services to take advantage of these pandemic-related resources, in addition to individual counseling.

If you are not able to participate in a live group or presentation, you can still benefit by viewing a recording of the support group session or presentation. To watch, visit [CarebridgeConnects Resources](#) located at https://www.carebridge.com/custom_public_assets/CarebridgeConnects/Covid19/archivedsupportgroups.html.

Additional Resources

Contact Carebridge 24 hours a day, seven days per week at 1-800-437-0911 or visit www.myliferesource.com to access online resources. Please enter the Trinity Health access code BKCR5 to create a personal account on your first visit to www.myliferesource.com.

Resources include:

- EAP Telehealth counseling via telephone and video conferencing
- Unlimited access to work-life specialists to assist in identifying the most appropriate and affordable resources for life balance concerns such as child and elder care, finances, and convenience services
- COVID-19 Resource Center
- Short audio tips for self-care during a pandemic on the free Carebridge EAP app

Electronic resources and alerts such as support literature, tip sheets, live webinars, links to recorded educational events, and promotional documents. For current pandemic-related information, including webinars, recordings, articles and a wealth of support literature, please visit the Carebridge website, www.myliferesource.com, and click on the COVID-19 Resource Center. Get the support you need, when you need it. Let Carebridge help.