**Nebraska Medicine Resources**

**COUNSELING RESOURCES**

*If you are having thoughts of harming yourself or others, please call 911, visit your nearest emergency department, or call the National Suicide Prevention Lifeline at 1.800.273.8255.*

At Nebraska Medicine and UNMC, we care about our colleagues and want them to live healthy, fulfilling lives. It’s our responsibility to take care of each other, which includes watching for signs of distress.

Our organization is committed to providing resources for its employees, which are outlined below.

**EMOTIONAL SUPPORT & MENTAL HEALTH RESOURCES FOR ALL PROVIDERS AND STAFF**

Are you or a colleague experiencing anxiety, uncertainty, fear, exhaustion, sadness, or insomnia? Nebraska Medicine/UNMC is committed to taking care of its providers and colleagues. [Here is a flyer you can print and post in your area.](https://now.nebraskamed.com/wp-content/uploads/2020/12/Support-flyer.pdf)

If you would like a member of the Peers in Need of Support (PiNS) team to reach out to you, [complete this confidential form.](https://forms.office.com/Pages/ResponsePage.aspx?id=QImihGS0w0G6O7T6ZmW8BaWgxZdl7gVKm7A62PVwjUdUMDdVOEpVQzZRV0ZSUDlNNjI1S01PTFlLVS4u)

Please see the resources available in the chart below.

| **Resource** | **Brief Description** | **Contact Information** |
| --- | --- | --- |
| 1:1 Peer Support | Colleagues are matched with one of our behavioral health responders, made up of Nebraska Medicine and UNMC psychologists, psychiatrists, social workers, marriage and family therapists, staff chaplains and other trained staff. This is not a formal evaluation or treatment, but a supportive peer to listen, offer suggestions, share resources and make referrals when needed. Requests are handled confidentially and are separate from HR, One Chart or other record-keeping systems. | [pins@nebraskamed.com](mailto:pins@nebraskamed.com) (requests for 1:1 support should only be made by colleagues themselves, and not by their peers or supervisors) |
| Team Support | For workgroups/teams who would like to learn resiliency and stress management tips, managers can request a 45-minute interactive workshop with one of our behavioral health team members. | [pins@nebraskamed.com](mailto:pins@nebraskamed.com) |
| Inpatient staff support group (NMC and BMC) | Safe space to debrief, get support, and share resources related to working with COVID and non-COVID patients. Inpatient staff can drop in any time. Meets Thursdays from 17:30-18:30. | [Zoom Link](https://unmc.zoom.us/j/97702981368?pwd=ZUwzWDEwMW5sZXhhZGtra0l3aTRHZz09) |
| Behavioral Health Connection | A staff to help connect you to resources in our community, including: • Psychiatrists • Mental health therapists • Support groups • Substance use disorder recovery • Employment support agencies • Housing assistance programs • Medical care options • Peer support services • Prescription assistance programs • Transportation options  These services are provided free to anyone in the Omaha-metro area with compassion and confidentiality. | [Behavioral Health Connection](https://www.nebraskamed.com/behavioral-health/connection)  (402) 836-9292 Monday through Friday 8 a.m. to 5 p.m. |
| Employee Assistance Program (EAP) | Arbor Family Counseling offers a variety of confidential services. You can call EAP 24-hours a day, 7-days a week to reach a professional counselor. All UNMC or Nebraska Medicine employees and family members receive five free sessions per incident. | [Arbor Family Counseling](https://www.arborfamilycounseling.com/)  (402) 330-0960 1-800-922-7379 |
| Federal Disaster Distress Helpline | Confidential 24/7 support for anyone experiencing distress due to a disaster. | [Federal Disaster Distress](http://disasterdistress.samhsa.gov/)  1-800-985-5990  Text 'talkwithus' to 66746 |
| National Suicide Prevention Hotline | The Lifeline provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals. | 1-800-273-8255 |
| Spiritual Care | A chaplain is available for spiritual counsel, emotional support, prayer, or a nonjudgmental presence while you work through a concern or worry. | To reach spiritual care Monday through Friday, 8 a.m. to 4:30 p.m., please call the main office at (402) 552-3219. After hours, call the on-call Chaplain at (531) 557-4559. |

**RESILIENCE WEBINARS**

* [View resilience workshop for healthcare workers](https://www.youtube.com/watch?v=ep3n3kFWutU&feature=youtu.be)
  + [Resilience roadmap for Nebraska Medicine/UNMC colleagues](https://www.nebraskamed.com/sites/default/files/documents/covid-19/pandemic-resilience-roadmap.pdf)

**RECOMMENDED RESOURCES (APP AND WEB-BASED)**

* Mindfulness/Anxiety Mobile Applications
  + [Headspace](https://www.headspace.com/health-covid-19)
  + [10 percent happier meditation](https://redeem.tenpercent.com/) (use the gift code HEALTHCARE)
  + [Insight Timer](https://insighttimer.com/) (free with thousands of guided meditations)
  + [PTSD Coach](https://www.ptsd.va.gov/apps/ptsdcoachonline/default.htm) (Not just for PTSD; Has numerous relaxation exercises in the Manage Symptoms – Tools section)
  + [Mindfulness Coach](https://mobile.va.gov/app/mindfulness-coach)
  + [CBT-i Coach](https://apps.apple.com/us/app/cbt-i-coach/id655918660) (Cognitive Behavioral Therapy for Insomnia)
* Mindfulness/Anxiety Websites
  + [The BHECN Serenity Project – Free Yoga](https://www.unmc.edu/bhecn/education/the-bhecn-serenity-project) (UNMC)
  + [Three 2-3 minute lessons on deep breathing](https://www.youtube.com/watch?v=gAkjx25o4eI) (Harvard Vanguard Medical Associates)
  + [2 minute deep breathing lesson](https://www.youtube.com/watch?v=mH7EmmgSZQE)(Be the Change)
  + [3 minute body scan](https://ggia.berkeley.edu/practice/body_scan_meditation)(UC Berkeley Greater Good Science Center)
  + [5 minute body scan](https://www.youtube.com/watch?v=D5OzLizZCrc)(The Sleepy Aardvark)
* Additional Resources
  + [UNMC Wellbeing Symposium: Handling Stress in Uncertain Times](https://vimeo.com/405972992/a64cc4360f) (4/09/2020)
  + [Educational resources for children at home](https://www.unitedwaymidlands.org/2020/03/24/online-education-resources/) (United Way of the Midlands)
  + [Crisis Line and Mental Health Resources for Children and Teens](https://www.yourlifeyourvoice.org/) (Boys Town)
  + Zoom support group for all medical personnel dealing with COVID-19 (free confidential support for nurses, medical assistants, doctors, etc.). Wednesdays 6-7 pm. Join: <https://zoom.us/j/905024002>
  + [Children’s story about COVID-19](https://now.nebraskamed.com/wp-content/uploads/2020/04/Be-a-Hero-Too.pdf)
  + [Children’s story with accompanying questions and parent guide](http://piploproductions.com/trinka-and-sam-virus/), to help families learn, talk and share feelings about COVID-19
  + [Caring for older persons with dementia](https://alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care)
  + Podcast: [Burnout – Brene Brown](https://brenebrown.com/podcast/brene-with-emily-and-amelia-nagoski-on-burnout-and-how-to-complete-the-stress-cycle/)
* Tip Sheets:
  + [Managing anxiety and stress (CDC)](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)
  + [Helping children cope with emergencies (CDC)](https://www.cdc.gov/childrenindisasters/helping-children-cope.html)
  + [Self-care for emergency responders (and healthcare workers) (CDC)](https://emergency.cdc.gov/coping/responders.asp)
  + [Advice for newly remote workers (APA)](https://www.apa.org/news/apa/2020/03/newly-remote-workers)
  + [Coping with social distancing (APA)](https://www.apa.org/practice/programs/dmhi/research-information/social-distancing)
  + [Guide for Parents/Caregivers (NCTSN)](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

**HOW TO HELP A COLLEAGUE WHO IS STRUGGLING**

**WATCH** for any changes in mood, attitude, behavior, grooming, etc. that concern you.  
**REACH OUT** and ask them how they are doing.  
**LISTEN** for signs of distress (i.e., insomnia, anxiety, pervasive depressive thoughts).  
**CONNECT** them to one or more of the resources above.

[](https://now.nebraskamed.com/wp-content/uploads/2015/10/ICUlogo.jpg)

Hear from Dr. Steven Wengel and Dr. David Cates in the video below, as they introduce the ICU Program and its three steps: identify the signs of distress, connect with the person experiencing distress and understand the way forward together.