

Attention Team Maimonides

Mental Health Support Services for Employees

We recognize the incredible psychological strain placed on everyone as a result of the COVID-19 pandemic and would like to offer various supports that can help navigate this challenging time. If you are feeling stressed-out, fearful or overwhelmed, we encourage you to take advantage of the various services we offer:

Employee Mental Health Virtual Clinic

Virtual appointments are available for all hospital employees on short notice. Our providers will discuss various therapeutic modalities that can be tailored to individual needs! Visits are confidential.

Clinic Phone Number: 718.283.7864

You will be asked to provide insurance information to book an appointment; however, ALL out-of-pocket charges will be waived and visits will be free of charge.

Hello Rounds

Provides an opportunity for brief support and check-ins “in the trenches.” Our team is able to meet you at your workplace to discuss various coping strategies amidst the challenges that are faced on a daily basis. There is an opportunity to schedule our team to join rounds or meet at designated times during your shift.

**For more information, please contact:
Dr. Melanie Schwarz at Pager x7843 or email:
mschwarz@maimonidesmed.org**

Academic Affairs Support Services

Individual support is available for all residents and fellows by contacting:

**Dr. Erica Hutchison who can be reached at
347.996.6090 or by email:
ehutchison@maimonidesmed.org**

Group Support

In collaboration with the Academic Affairs Department and the Stress Metabolism Initiative work-group, we are offering a variety of virtual group support forums for staff. While these group spaces can be powerful sources of support for staff, please keep in mind that they are not formal group therapy and are not a replacement for individual treatment.

At this time, we are offering the following groups:

General Process + Support: for departments or specific work groups to process general COVID-19 related challenges or stress, support each other and share experiences, and identify healthy coping strategies

Grief Support: for departments or work groups that have been affected by a staff loss.

Connection Groups: for staff who are out sick or quarantined at home, these groups aim to create a space for connection and coping.

Bereavement Groups: for staff who lost a family member to COVID-19.

To schedule a group at a time that works for your staff or discipline, please reach out to Dr. Erica Hutchison at 347.996.6090



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Additional Resources

Non-Union Employees: who are covered under Maimonides' Group Long Term Disability program are eligible for EmployeeConnectSM – an employee assistance program (EAP). The EAP provides confidential, free phone support from mental health counselors, 24 hours a day, 7 days a week. You can also seek support for financial, legal and family services. To Learn more, go to: www.GuidanceResources.com (Username: LFGSupport; Password: LFGSupport1), download the GuidanceNowSM mobile app or call 888.628.4824.

NYSNA Members: NYSNA members can call the Union Assistance Program to speak directly with professional counselors 24 hours a day, 365 days a year, via a toll-free number. Counselors can assist with issues including: family, stress, mental health, job related difficulties, loss and grief, and life changes. All conversations are confidential. To Learn more, go to: www.NYSNA.org

External Resources

NYC offers a free crisis hotline through text or phone, 24 hours a day and 7 days a week.

Text "WELL" to 65173*; Call: 1.888.NYC.WELL

1199 Members: 1199 members can use Teledoc for virtual appointments with a mental health professional. Teledoc accepts 1199 Benefit fund coverage and is free at the point of service for 1199 members. To Learn more, go to: www.1199seiubenefits.org

CIR Members: Connect to a counselor for free support services: 1.800.386.7055. Available 24 hours a day, 7 days a week. To learn more, go to: www.ibhworklife.com (User name: Matters Password: wlm70101)



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