

Know your Mental Health and Well-Being Resources at Emory

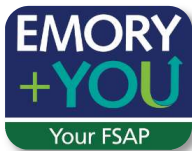
Medical errors, adverse patient events, difficult colleague interactions, personal loss is all a part of being a healthcare employee. You are not alone and there are a variety of resources available to support individual employees, managers, and teams throughout the Emory community.

It's ok not to be ok. It's ok to ask for help. We encourage you to invest in your mental health and well-being by exploring these programs.



[BHS Employee Assistance Program](#)

- For **Emory Healthcare** employees (Enter access code/org ID: EHC)
- **Free, confidential** employee assistance program
- **Call 1-800-327-2251** toll free to schedule a session



[Faculty Staff Assistance Program \(FSAP\)](#)

- For **Emory University** Employees, **including faculty physicians**
- **Free, confidential** employee assistance program
- Call **404-727-WELL (9355)** or email efsap@emory.edu



[EmBRACE Peer Support Program](#)

- **Free, confidential peer support** sessions for Emory all employees experiencing emotional distress.
- **NOT** therapy or counseling, delivered by other trained Emory employees, matched by role (nurse with nurse, etc)
- [Request a session](#) or email embracepeersupport@emoryhealthcare.org



[Spiritual Health at Emory](#)

- For Emory Healthcare, patients, family members, and employees
- Find the [list of services and phone number](#) for each hospital location
- Pre-recorded videos, meditations and reflections [here](#)



[Healthy Emory Connect](#)

- Free digital health platform for ALL benefits eligible Emory employees
- Contains meditations, articles, programs and other resources to support mental health and well-being
- Opportunity to earn medical incentives



Explore Emory employee well-being hub at linktr.ee/emwell