

MGH/MGB Resources for Mental Health

The [Office for Well-Being](#) offers this list of mental health resources available to MGH employees at no cost or through the MGB Health Plan insurance, but you can find more resources within and outside MGB on the [Apollo Workplace Well-Being Website](#).

If this is a life-threatening emergency, or if you are thinking about suicide, call 911 or visit an emergency room.



Center for Faculty Development
Office for Well-Being

CFD Office for Well-Being (OWB): offers consultations for faculty and trainees, where you may speak confidentially about personal and institutional concerns. The OWB also offers twice-weekly guided meditations on [Mondays](#) and [Wednesdays](#).

Confidential



Employee Mental Health Clinic: counseling and psychiatric services for MGH employees, offered through the MGH Department of Psychiatry: confidential and discreet clinical care, including medication management and psychotherapy; access is rapid, usually within a week if not a few days.

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Employee Assistance Program

Employee Assistance Program (EAP): a free, voluntary, and guaranteed confidential service that helps with issues that impact quality of life inside and outside the workplace. The EAP offers [free webinars](#) for both personal and professional development.

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Spiritual Care: MGH Spiritual care providers offer support to employees of all traditions, cultures, and beliefs, and are on-site at MGH from 7:00am-7:00pm Monday-Friday, and 8:30am-5:00pm on Saturday, Sunday and MGH observed holidays.



Benson-Henry Institute for Mind Body Medicine at MGH: provides virtual consultations to address the physical and emotional impact of stress and teach [Guided Relaxation Exercises](#). They offer individual and group-based programs such as the Stress Management and Resiliency Training (SMART).

Confidential



Osher Clinical Center for Integrative Health at BWH: uses a collaborative approach to provide services such as physician consultation, health coaching, acupuncture, therapeutic massage, group-based workshops, etc.

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See the online version with links to resources.



MGB Health Plan: offers mental health and behavioral health resources to subscribed employees and their families. This includes [Lyra Health](#), which offers immediate access to a care navigator and individualized care, including self-guided programs, coaching, therapy, and medication management.



MGB Mental Health Connections

Mental Health Connections Navigator: a new clinical assessment service that helps connect MGB employees with the most appropriate and accessible behavioral health treatment, both within and outside the MGB system. Employees do not need to be enrolled in a MGB health plan to use this service.

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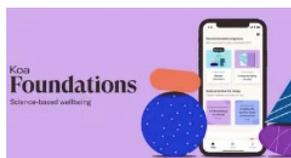


Employee resource groups (ERGs): groups of employees who join together at MGB for support based on shared characteristics or life experiences.



SilverCloud

SilverCloud Health: a self-directed online, evidence based, cognitive behavioral therapy (iCBT) tool free for MGB employees and used in the treatment of stress, insomnia, anxiety and/or mild-to-moderate depression.



Koa Foundations: a free app for MGB employees who are feeling more acutely stressed, anxious, or depressed and would like to learn how to handle stress.



Headspace: a mental health and meditation mobile app with free access for MGB employees.



Mental Health Webinars & Courses: these free webinars from McLean Hospital are for both personal and professional development.



The Emotional PPE Project

Emotional PPE Project: a volunteer-run non-profit organization that directly provides access to care by creating a directory of volunteer therapists for any healthcare worker in need of no cost, confidential emotional support. [Find a volunteer therapist here.](#)

Confidential



See the online version with links to resources.