BWPO COVID-19 AND PHYSICIAN WELLBEING RESOURCES

Click below to access:

In-person or virtual support:
- *NEW* COVID 19 Recovery Hurdles For Clinicians
- Recovery Hurdles provide a virtual space to connect with colleagues, share challenges and lessons, and learn about evidence-based coping and recovery strategies that focus on maintaining emotional balance, building psychological resilience, and supporting a healthy mental and physical recovery.
- Schedule a confidential consult with the Faculty Trainee Mental Health Program
- Schedule a Hudson for your team, Division or Dept.
- Peer support program for faculty and residents
- Mass General Brigham Community Help

Online resources:
- MGH Guide to COVID-19 MH Resources
- FACE COVID eBook – by Bass Harris
- Support Sources from Dr. Morana Lask

Courses and Webinars:
- Watch the BWPO/Never Webinar: Controlling the Controllables Amidst Chaos: Mindset Strategies In Times of Uncertainty To Remain Emotionally Flexible and Mentally Agile
- Watch the BWPO/Never Webinar: Controlling the Controllables Amidst Chaos: Managing Operational and Acute Stress
- Register for Frontline Clinician Resilience Group for Physicians
- Resilience Augmentation for Medical Personnel (RAMP) from MGH Dept of Psych
- McLean hospital COVID-19 & Mental Health Webinar Series

Relax and unwind:
- Download free “Headspace” app for guided meditation
- Sign up for Evermind app using your BWH email (CBT techniques)
- Take a break in one of BWH’s Reflection Rooms – map & locations