

BWPO COVID-19 AND PHYSICIAN WELLBEING RESOURCES

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COVID-19 AND PHYSICIAN WELLBEING RESOURCES

In-person or virtual support:

- ***NEW*** COVID 19 Recovery Huddles For Clinicians
 - **Recovery Huddles** 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 huddle 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 Russ Harris
- Support Sources from Dr. Morana Lasic

Courses and Webinars:

- Watch the BWPO/Valor Webinar: Controlling the Controllables Amidst Chaos: Mindset Strategies In Times of Uncertainty To Remain Emotionally Flexible and Mentally Agile
- Watch the BWPO/Valor Webinar: Controlling the Controllables Amidst Chaos: Managing Operational and Acute Stress
- Register for Frontline Clinician Resiliency Group for Physicians
- Resilience Augmentation for Medical Personnel (RAMP) from MGH Dept of Psych
- McLean Hospital COVID-19 & Mental Health Webinar Series
- Partners CPD: Weekly Web Series: Flattening the Behavioral Health Curve – Addressing the Mental Health Consequences of the COVID-19 Pandemic

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