

# Supporting Our BUMG Attendings & APPs: Resources to Support Your Emotional Wellbeing

**BMC is committed to providing wellbeing support for all who need it. We recognize that COVID-19 crisis may cause times of anxiety for everyone. In light of this, we have worked with our vendor partners to grant our provider community access to the following wellbeing programs.**

## **New: Doctor on Demand**

Confidential services are available for online video chat with licensed physicians, psychiatrists and psychologists. Urgent care visits are generally available within a few minutes and mental health visits within 2 days. Conditions treated include depression, anxiety, addiction, trauma and loss. Medications that a psychiatrist prescribes can be called in to any local pharmacy, including BMC. This **free service** will be available to providers and their family members from **May 1, 2020 to November 1, 2020**. To access the service, **download the 'Doctor on Demand' app**, select the group name "BMC Providers" and complete your profile set up. [Click here for more information.](#)

## **New: BMC EAP**

To address concerns resulting from COVID-19 uncertainties, BMC's Employee Assistance Program is available to you and your families for free 24/7 confidential counseling. For more information and additional resources, visit [www.guidanceresources.com](http://www.guidanceresources.com) and use **Web ID: BMC** to register. For counseling and referrals call **833.306.0107**.

## **New: 'Daylight' Digital Therapy**

This digital therapy program is designed to help you build your resiliency so you can feel better when facing today's tough challenges. It was created with evidence-based research and uses Cognitive Behavioral Therapy to teach you ways to manage your daily stress and anxiety. **You must register during the month of May** to use the service for **free for the next 12 months**. Go to [www.trydaylight.com/access](http://www.trydaylight.com/access) to begin.

## **Chaplain on Demand**

BMC's Chaplains have an appreciation for the reality of human fragility and understand the feelings of uncertainty and anxiety that staff may be experiencing. They are trained to respond to your spiritual, emotional, and religious needs. Call **617.414.4299** to speak with a member of Chaplaincy Services.

## **24/7 Real-time Psychological First Aid Support**

Page **x5804** or call the BMC operator and an on-call licensed clinician who understands the hospital environment will call you back within 30 minutes. You can also schedule a time to speak with someone over phone or Zoom by emailing [COVID19BehavioralHealthSupport@bmc.org](mailto:COVID19BehavioralHealthSupport@bmc.org).

## **Mindful Moment**

BMC's Mindfulness Program has a daily "Mindful Moment" email with links to its virtual drop-in sessions, thoughtful poems, and easy stress relief tips to support and strengthen our resiliency to counter the ongoing COVID-19 news updates. Email [mindfulness@bmc.org](mailto:mindfulness@bmc.org) to sign up.