

| Internal Resources (direct links included)                                                                                     | Description                                                                                                                                                                                                                                                                                                                                   |
|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="#"><u>Helping Healers Heal (H3)</u></a>                                                                               | Holistic, proactive, and preventative staff wellness program that has been at the forefront of supporting employee well-being. Find your site wellness lead, peruse H3 documents, training content, and site-specific wellness resources.                                                                                                     |
| <a href="#"><u>Emotional and Psychological Support Request Form</u></a><br><a href="#"><u>H3 Peer Support Request Form</u></a> | If you are experiencing personal or professional stress, distress, burnout, have feelings associated to compassion fatigue, or recognize these or other similar symptoms in your colleagues, fill out this form for yourself, your team, or a colleague to receive the necessary confidential and private support from your local H3 program. |
| <a href="#"><u>Anonymous Support Hotline</u></a><br><b>646-815-4150</b>                                                        | Established to support staff who may be feeling fatigued, stress, anxiety/depression, or fear. A licensed mental health clinician will be available for brief psychological and emotional support or intervention, and can connect you to ongoing services if requested.                                                                      |
| <a href="#"><u>NYC Employee Assistance Program</u></a>                                                                         | A service that provides education, information, counseling and individualized attention to assist with a wide range of personal and social challenges to NYC employees and their family members.                                                                                                                                              |
| External Resources (direct links included)                                                                                     | Description                                                                                                                                                                                                                                                                                                                                   |
| <a href="#"><u>SAMHSA Disaster Distress Helpline</u></a><br><b>800-985-5990</b>                                                | Provides 24/7 crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.                                                                                                                                                                                                           |
| <a href="#"><u>NYC WELL Telephonic Support Services</u></a><br><b>888-692-9355</b>                                             | Able to listen and help with problems like stress, depression, anxiety, or drug and alcohol use. For you or someone you care for.                                                                                                                                                                                                             |
| <a href="#"><u>NY Project Hope Emotional Support Helpline</u></a><br><b>844-863-9314</b>                                       | The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency.                                                                                                                                                                                           |
| <a href="#"><u>Crisis Text Line</u></a><br><b>Text GOT5 to 741741</b>                                                          | An anonymous texting service available 24/7. Starting a conversation is easy.                                                                                                                                                                                                                                                                 |
| <a href="#"><u>National Suicide Prevention Lifeline</u></a><br><b>800-273-TALK (8255)</b>                                      | A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.                                                                                                                                                            |
| <a href="#"><u>Domestic Violence</u></a><br><b>800-799-SAFE (7233)</b>                                                         | Advocates are available 24/7 to talk to anyone who is experiencing domestic violence, looking for information or questioning unhealthy aspects of their relationship.                                                                                                                                                                         |
| <a href="#"><u>Substance Abuse and Mental Health Services Administration Helpline</u></a><br><b>1-800-662-HELP (4357)</b>      | A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.                                                                                                                                                     |