

Supporting the Health and Well-Being of JHM Faculty and Staff

If you, or someone on your team needs support, Johns Hopkins has a host of resources to help. For more information on well-being resources contact us at owb@jhmi.edu or visit us at www.hopkinsmedicine.org/office-of-well-being/.

Johns Hopkins Employee Assistance Program (JHEAP):

Sometimes it's the little things—like finding a plumber to fix that leaky sink or setting a budget. Sometimes issues are bigger and life-challenging, like struggles with depression, drug and alcohol misuse, or legal problems.

Whatever your need, JHEAP is free, confidential, and available 24/7. Hopkins employees and their household members have access to up to 6 short term counseling sessions, legal/financial consultation, and referral location services for help with stress at work or at home, relationship issues, a difficult life transition, or other challenges.

JHEAP can be accessed in a variety of ways:

Phone, 24/7: 888-978-1262

Online (with 24/7 chat): www.myccaonline.com, Company Code: JHEAP

Mobile App: CCA@YourService | Access Code: JHEAP

RISE—The Resilience in Stressful Events team provides confidential peer-to-peer support for health system employees who have experienced a stressful, patient-related incident. The RISE team is available 24/7.

The Johns Hopkins Hospital	Pager: 410-283-3953 CORUS: JHH - Patient Safety - RISE Team (c2227)
Johns Hopkins All Children's Hospital	727-767-RISE (7473)
Johns Hopkins Bayview Medical Center	Pager: 410-283-0365 CORUS: JHBMC RISE Team
Howard County General Hospital	Pager: 410-232-5423 CORUS: HCGH-RISE TEAM HCGH (C2257)
Sibley Memorial Hospital	Email smh-rise@jhmi.edu
Suburban Hospital	301-896-RISE (7473)

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Spiritual Care—Spiritual Care is located on-site at each affiliate hospital. For employees located in Johns Hopkins Community Physicians, Johns Hopkins Healthcare, and Johns Hopkins Home and Community Based Services or other locations, contact the Spiritual Care location of your choice.

The Johns Hopkins Hospital	Main: 410-955-5842 On Call: 410-434-0909
Johns Hopkins All Children’s Hospital	727-767-4258
Johns Hopkins Bayview Medical Center	Main: 410-550-7569 On Call: 410-283-4345
Howard County General Hospital	410-740-7898
Sibley Memorial Hospital	202-537-4084
Suburban Hospital	Main: 301-896-3178 On Call: 301-310-9081

Healthy at Hopkins—The branded employee health and well-being program for JHM employees. Resources and programs cover the spectrum of healthy lifestyle strategies, such as sleep, meditation and relaxation techniques and are available for individuals and teams. Visit my.jh.edu to access the Healthy at Hopkins portal. Make sure to pin it to your favorites.

Questions? Email healthyathopkins@jhmi.edu or call 1-833-554-4554

SOM faculty and staff contact <https://hr.jhu.edu/benefits-worklife/wellness-programs/>

Howard County General Hospital contact www.hcgh.net/Intranet/main.aspx?tid=1078&mtid=836

or Health Promotion at 410-370-7958 or email HCGH-wellness@jhmi.edu

Department of Psychiatry and Behavioral Sciences—Provides assessment and management of mental illnesses like major depressive disorder, panic disorder and post-traumatic stress disorder for faculty and staff working at JHM.

To access these services call- 410-955-5212 or go to www.hopkinsmedicine.org/psychiatry