

Resources for Healthcare Providers

Mood and Anxiety Clinic & Department of UConn Health: To set up an appointment, you can call EAP at [860-679-2877](tel:860-679-2877) or the Mood and Anxiety Clinic at [860-679-5414](tel:860-679-5414) with a self-referral. All care is confidential. You can also contact one of the treating psychiatrists, Dr. Kamath jkamath@uchc.edu

Comfort Room: The Wellness Center at UConn is now a dedicated comfort room for you to take a break, take a shower, and have a snack. You can badge access. In the Comfort Room you can access confidential on-site counseling support M-F 8-4, no appointment is required. There is a private space and you can access telehealth with video capability and by phone. Instruction on how to access a counselor is in the space.

Mid-day Meditation: Take a pause for a live 15-minute session M-F 12:15-12:30 pm via Webex. Call 1-415-655-0002 (access code 611 045 371). You must mute your audio to participate.

[Healthcare Provider Well-Being During COVID-19](#): Health care providers and other hospital and clinic staff are on the frontlines of the pandemic. Many of us have competing demands caring for our patients and our families. Here are concrete strategies to help manage stress during this challenging time from the University of Colorado Anschutz Medical Campus Psychiatry Department.