Volunteers Needed

The Workforce Wellness Committee would greatly appreciate volunteers to help support the behavioral health and wellness needs of our workforce during the covid-19 pandemic. Since the launch of PennCOBALT (penncobalt.com-Penn’s new digital behavioral health platform) on April 13, we have seen an increase in the demand for all levels of support. We are looking for individuals who are willing to serve in any of the roles below. It is particularly important that we diversify our pool of those providing support with respect to gender, job types, age and ethnicity to be as inclusive as possible.

We are grateful for your willingness to volunteer in our behavioral health support programs. Please be advised that you are doing so in a voluntary capacity for charitable purposes to assist colleagues in need during a crisis.

1. **PennPeers** - sign up for a brief orientation and be paired with a peer who needs support. [Apply here](penncobalt.com).
   - Virtual 1:1 time-limited peer connection and support. Peer supporters bear witness and normalize reactions to stressors
   - Support can escalate to additional resources as necessary
   - Best suited for those who have experienced a discrete stressor or are otherwise seeking support from a peer outside their typical network
   - Scheduled through PennCOBALT

2. **Coping First Aid** - receive structured training and supervision in psychological first aid and provide brief supportive interventions to employees. [Apply here](penncobalt.com).
   - Virtual 1:1 sessions with individuals who have been trained in evidence-based “psychological first aid”
   - Individual, brief support and assistance (NOT to be confused with individual psychotherapy)
   - Can connect individuals to a variety of resources and professional services as necessary
   - Best suited for those seeking coping/resilience strategies on a brief, individual level
   - Scheduled through PennCOBALT

3. **Clinicians** - if you are a licensed mental health clinician, experienced in psychotherapy and/or medication management, please consider donating an hour or more a week to treat employees. [Contact us here](penncobalt.com)

Thanks very much for your support!