

# COVID MENTAL HEALTH AND WELLNESS OFFERINGS



PennCOBALT Digital Platform  
[penncobalt.com](http://penncobalt.com)

- Web-based platform that provides curated mental health and wellness content, live groups, and individual virtual support
- Uses targeted assessments to streamline content and triage to the right level and type of support
- Embedded scheduling and telehealth capabilities to provide HIPAA-compliant mental healthcare at a safe distance

## CONTENT

### Coping Tools On Your Time

- Common Concerns: Links to curated material including articles and videos.
- Links to wellness resources.
- Available through PennCOBALT: [On Your Time](#).

### Coping with Covid Blog

- Ongoing blog site for asking questions and sharing concerns, tips and thoughts.

## GROUP SUPPORT

### General Audience

- Building Coping Skills: Interactive and pre-recorded virtual participation skill-based sessions designed to promote coping and resilience. Led by faculty from the Center for Treatment and Study of Anxiety.
- Sharing Our Covid Experience: Interactive, live virtual participation 30-minute group sessions moderated by faculty from Center for Treatment and Study of Anxiety and Department of Psychiatry.
- Guided Mindfulness: Virtual 45-minute scheduled meditation sessions. Led by Michael Baime, MD, Director of Penn Program for Mindfulness.
- Additional group resources available on Penn Medicine Together and PennCOBALT: [In the Studio](#).

### Specific Audience

- Team-based Resources by Request: Includes Facilitated Sharing Groups, Pastoral Care Groups. Available through PennCOBALT: [In the Studio](#).
- Critical Incident Debriefings: Group support and resource-awareness sessions for those impacted by a critical incident. Usually one-time interventions, on-site or remote, provided via the Employee Assistance Program (EAP). Access via EAP: Philadelphia Region and CCH: 888-321-4433; Princeton: 800-527-0035; LGH: 800-364-6352.
- Topic-based Groups: Including FOCUS for Women, Recovery Friendly Workplace, Caregivers group, and more. Available through PennCOBALT: [In the Studio](#).

## INDIVIDUAL SUPPORT

### PennPEERs

- 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: [Connect with a PennPeer](#).

### Resilience Coaches

- Virtual 1:1 sessions with individuals 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: [Connect with a Resilience Coach](#).

### Psychotherapy

#### Short-term, supportive psychotherapy through Employee Assistance Program (EAP)

- Individual short-term supportive, free psychotherapy resources for employees experiencing work/life, financial or psychological concerns for any reason but particularly related to COVID. Does NOT provide medication management
- Best suited for those experiencing acute issues with adjustment or transition, mild depression or anxiety, or work/life balance
- Scheduled through EAP
  - UPHS EAP access: Philadelphia Region and CCH: 888-321-4433; Princeton: 800-527-0035; LGH: 800-364-6352
  - University EAP access: Health Advocate: 866-799-2329

#### Ongoing Psychotherapy

- Evidence-based individual psychotherapy services by licensed clinicians
- Best suited for those with ongoing symptoms including anxiety, depression, trauma response
- Scheduled through PennCOBALT: [Connect with a Therapist](#).

### Psychiatry

- Assessment/diagnosis/treatment of mental health symptoms, staffed by telehealth psychiatrists
- Option for medication management for symptom treatment
- Best suited for those dealing with difficulties such as persistent insomnia, anxiety, depression and trouble functioning from stress related to COVID
- Scheduled through PennCOBALT: [Connect with a Psychiatrist](#) or Penn Psychiatry Clinic at 866-301-4724.