COVID MENTAL HEALTH AND WELLNESS OFFERINGS

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:
  - 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.

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.

PSYCHIATRIC CRISIS? National Suicide Prevention Hotline: 800-273-8255 Call or visit Pennsylvania Hospital CRC: 215-829-5433