

ESSENTIA HEALTH EMPLOYEE WELL-BEING SUPPORTS

The resources below are available to Essentia Health employees.

EMPLOYEE ASSISTANCE PROGRAM

Our EAP offers a wide range of services including stress, anxiety, and depression. This program is open to all Essentia Health employees and their household members.

- Access by calling 1-855-538-5625 or visiting www.guidanceresources.com
WEB ID: ESSENTIA

EMPLOYEE EMOTIONAL SUPPORT LINE

Free, confidential peer support for teams, colleagues and leaders. Voicemail only, calls will be returned Mon-Fri.

- Access by calling 833.311.0334 or 218.576.0021

PEER SUPPORT

Peer Support uses evidence based emotional first aid to offer a caring and confidential way for colleagues to discuss experiences and emotions related to working in healthcare. Physicians and APPs can be paired with a trained Clinician Peer Supporter.

- Access by calling the Employee Support Line at 833.311.0334 or 218.576.0021 or email PeerSupport@essentiahealth.org

GRIEF SUPPORT SERVICES

Essentia Health Grief Support Services provides 1:1 free virtual and in person grief support groups and grief resources. In addition, employees who live or work in MN or WI may schedule 3 free grief therapy sessions.

- For more information call 218-786-4402

COMMUNITY AND SOCIAL SERVICES

Resourceful is a free community resource guide to help you find free and reduced cost services in your area. Find help locating housing assistance, food banks, transportation, legal aid, and other resources.

- Access by visiting www.WeAreResourceful.org

IMPORTANT NUMBERS

- Employee Emotional Support Line.....[833-311-0334](tel:833-311-0334)
- Employee Assistance Program (24/7).....[1-855-538-5625](tel:1-855-538-5625)
- National Suicide Prevention Hotline (call or text).....[988](tel:988)
- Substance Abuse & Mental Health Services Admin National Helpline
[1-800-662-4357](tel:1-800-662-4357)
- Medica 24/7 Behavioral Health Crisis Line for covered colleagues
[1-800-848-8327](tel:1-800-848-8327)
- First Responders and Health Care Workers Line.....[1-800-327-7451](tel:1-800-327-7451)
- Physician, resident physician, fellow and medical student peer support (free, anonymous support from psychiatrists).....[1-888-409-0141](tel:1-888-409-0141)
- Disaster Distress Line: Non-physicians..... [1-800-985-5990](tel:1-800-985-5990)

For a complete list of well-being resources, please visit the Employee Well-Being Tile located on The Source (Essentia login required)



Essentia Health