



BE STRONGER | CARE HARDER | LOVE DEEPER

Need Help? Know Someone Who Does?

Sinai Health System acknowledges that 2020 has taken all of us through some challenging times. At Sinai, we take pride in seeking out ways to support one another. If you, someone you from your team or a peer are finding these times too overwhelming, Sinai has gathered up the following resources to provide support to help. They are free services. Participation voluntary and strictly confidential. Please regularly check in with one another and share these resources with your teams. One of our greatest support can be each other.

Here is a list of available resources:

- “In the Moment” real time counseling or video chats through Sinai’s EAP “AllOneHealth” 800-292-2780 for up to 3 counseling sessions per problem/issue. Also, visit www.allonehealth.com/blog to view our EAP’s recorded webinar sessions and download accompanying materials. More EAP services are found at www.ers-eap.com using company Code: Sinai.
- Sinai’s Care of the Caregiver program (Sinai’s very own Behavioral Health Team) available to provide mental health support/service to caregivers and will be providing Metal Health Webinars, “Lunch and Learns” 773-257-1475.
- Sinai Spiritual Care/Chaplains are-available to provide emotional support. Caregivers may contact the hospital operator and ask to be connected to the Chaplin on call.
- Sinai Survivors. Fellow Sinai Caregivers that have experienced the loss of a child or loved one. They can meet, talk, and provide additional support to one another. Contact Employee Health for additional information: 773-257-5999.
- National Alliance on Mental Illness Chicago helpline at 833-626-4244, Mon-Fri 9am-8pm & Sat-Sun 9am-5pm.
- Bright Star Community Outreach trauma counseling at 833-TURN-123, Mon-Fri 9am-6pm.
- Chicago Department of Public Health Mental Health Centers teletherapy at 312-747-1020, Mon-Fri 8:30am-4:30pm. For after-hours support, text HOME to 741-741 to be connected with a crisis counselor 24 hours a day, 7 days a week.
- Teletherapy Sessions for Frontline Responders-The Chicago Psychoanalytic Institute provides teletherapy sessions (up to 8 sessions) to physicians, nurses, first responders, and other workers on the frontlines at no charge. Email FrontlineWork@ChicagoAnalysis.org, call (312) 897-1405 or learn more at chicagoanalysis.org.

For additional information, see Chicago Public Health’s web site [Mental Health and Coping During COVID-19](#)

Sinai is currently working on securing a Behavioral Health Specialist/Psychotherapist to provide additional mental and emotional health support services exclusively for Sinai caregivers