



Emory Wellness Wednesday
NEWSLETTER
 Volume #3
 April 1, 2020



#MENTALWELLNESS

Happy Wednesday and welcome to the Wednesday Wellness Newsletter. This weekly newsletter will serve as a guide to self-care, comfort and happiness in this challenging time. Our focus this week is on mental health. Please click the links for resources and information. Also, please submit your concerns to: [The Wellness Committee](#)

*requires Emory log in



MENTAL HEALTH

Set up a 30-minute consult below:
[Psychiatry & Behavioral Health Appt](#)
[Mental Wellness for Emory Faculty*](#)
[CALM Meditations](#)
[Deepak Chopra/Oprah Meditations](#)
 Suicide Prevention: 1-800-273-TALK (8255)

COMMUNITY OUTREACH

Support the local Partnership Against Domestic Violence by [ordering here](#).
[Atlanta Community Food Bank Drive](#)
[Red Cross Blood Donation](#)
[Emory Donations](#)

EMORY UPDATES

[Emory COVID-19 Webpage](#)
[FSAP Stress Management](#)

PHYSICIAN COACHING

Sign up for a complimentary 30-minute sessions through April 30 [here](#).

FITNESS

Jen Sherman "Women of Rock"
 Peloton Ride 4/1 at 6:30 pm
 [Add #OBGYN to your profile ID]
[Rebel](#) (Free with code tammyp)
[305 Fitness](#)
[Roku at home workouts](#)

Health Tip of the Week

Track gratitude and achievement with a journal!

ACTS OF KINDNESS

Go for the One-thing approach and encourage others:

1. Laugh one extra time
2. Say thank you one extra time
3. Encourage one extra time

FAMILY

Childcare Resources **Quick Recipes**
[YMCA](#) [Pantry Favorites](#)
[USIT](#) [Easy Bulgogi](#)

[Work from Home with Kids Tips](#)

MENTAL HEALTH RESOURCES



Service	Contact Information	Website
Emory Faculty Staff Assistance Program (FSAP)	(404) 727-WELL (9355) efsap@emory.edu	www.fsap.emory.edu/documents/FSAPServicesDuringCOVID-19.pdf Stress Management Emergency Services Alcohol/Substance Abuse
Emory Psychiatry ASAP Child/Adolescent Program	(404) 778- 5526	https://careforcovid-19.as.me/consultation http://www.camp-emory.com/
Emory Compassion	(404) 712-9296	https://compassion.emory.edu/cbct-covid19-response.html
Talkspace online Therapy	App Store or Google Play	www.talkspace.com/
National Domestic Violence Hotline	(800) 799-SAFE (7233) Text LOVEIS to 22522	www.thehotline.org/
National Suicide Prevention Lifeline	(800) 273-TALK (8255)	https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/
Substance Abuse and Mental Health Services	(800) 985-5990	https://findtreatment.gov/
CALM Meditation		calm.com/blog/take-a-deep-breath
Headspace Meditation		www.headspace.com/health-covid-19