

COVID RAPID RESPONSE BEHAVIORIAL HEALTH SERVICES FOR FRONTLINE PROVIDERS

Do I need assistance?

The Department of Psychiatry and Health Behavior rapid response services are designed to acutely help AU/AUMC providers having a range of responses to the pandemic like grief, fear, and anger. Some individuals may be having trouble caring for the well-being of their team, family or themselves or need assistance with new or pre-existing mental health concerns that have worsened during the pandemic like depression and anxiety. Or, it's just been a really hard day. See the side bar for self-assessments and online resources.

Our Services

Peer-2-Peer Individual Self-Care Consultations

By phone or MS TEAMS, a one-on-one consultation with a provider from the Department of Psychiatry and Health Behavior for COVID related stressors, challenges, and coping. A personal care plan focusing on well-being will be developed. **These consultations are confidential and not recorded in the medical record. They do not constitute treatment or a treatment relationship.** Consultations are available from 8am to 8pm seven days per week. Use the messenger paging app to page the provider on call that day to arrange a consultation time that day.

[Provider On Call List](#)

Brief Mental Health Treatment Services

Employee Assistance Programs: Virtual services available at no charge

- Employee and Faculty Assistance for University employees: 706-721-2599
- EAP Mutual of Omaha for Hospital employees: 1-800-316-2796

SWIFT Response Behavioral Health Team:

For frontline care providers employed by AU/AUMC. The Department of Psychiatry and Health Behavior is offering short-term telehealth/ in person psychotherapy and/or medication management targeted at COVID-19–related distress. Appointments can typically be provided same week. Please note, insurance will be billed. Contact Tammie Beal at (706) 721-9938 and ask for a “SWIFT Response” appointment.

[Mental Health America](#)

Offers a variety of free validated screening instruments you can complete and get immediate feedback regarding any symptoms you may be experiencing.

Online Resources

[CDC Coping Resources](#)

[Mental Health and Wellness Apps](#)

[NIH Emotional Wellness Toolkit](#)

For information or questions regarding our services contact: Lara Stepleman, PhD at (706) 721-7969 or lsteplem@augusta.edu

