

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 MSTEAMS, 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](#)

Peer Support "Connections" Weekly Drop-In Groups

These confidential weekly meetings on MSTEAMS are facilitated by providers in Psychiatry and Health Behavior. No pre-sign up or ongoing commitment is required. These groups offer a safe place to discuss with your peers how you are feeling in the moment, how you are coping, and how you are being impacted by the COVID Pandemic. Our weekly schedule with MS TEAMS link can be found here:

[Drop-In Group Schedule](#)

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

