



Mental Health & Well-being Resources

Your mental health and well-being is just as important as your physical health. Below are resources to help you during this difficult time.

The OU Medicine EAP provider, Magellan, offers professional and confidential help to faculty, staff and their family members who are facing challenges. If you are feeling anxious, unsettled, and/or overwhelmed by COVID-19, you can access the program 24 hours a day, seven days a week, 365 days a year. The following are additional tools and resources available by Magellan.

- Magellan website at www.magellanascent.com
- Call (800) 327-393 to access your OU Medicine Magellan EAP
- Self-care programs that are available online and/or via mobile app – go online for more information.
 - *FearFighter*[®]: Anxiety, Panic and Phobia
 - *MoodCalmer*: Depression and Low Mood
 - *Restore*[®]: Insomnia and Sleep Problems



NATIONAL HELPLINES

Confidential, immediate support is available through these local helplines.

- **Red Rock Behavioral Health Services:**
www.red-rock.com
(405) 424-7711; 1-855-999-8055
- **Northcare:**
www.northcare.com
(405) 858-2700
- **National Association of Mental Illness (NAMI) Oklahoma:**
www.namioklahoma.org
(800) 583-1264
- **Substance Abuse and Mental Health Services Administration**
www.samhsa.gov/find-help/national-helpline
(800) 662-HELP (4357), or TTY: (800) 487-4889
- **National Alliance on Mental Illness (NAMI) HelpLine**
www.nami.org
(800) 950-NAMI (6264)
info@nami.org
- **National Suicide Prevention Lifeline**
www.suicidepreventionlifeline.org
(800) 273-TALK (8255)

LOCAL HELPLINES

- YMCA of Greater OKC Emergency Childcare
<https://ymcaokc.org/community/emergency-childcare/>
- Oklahoma State Medical Association Physician Wellness Program
<https://www.okcountymed.org/pwp>
- Podcast with OU COM physicians, Drs. Pakala and LeClaire, Maintenance of Contemplation (MOC), Facing the Pandemic with Virtue
<https://www.buzzsprout.com/879607/3088201>

ADDITIONAL RESOURCES

- Coping With Stress During Infectious Disease Outbreaks
<https://store.samhsa.gov/product/Coping-with-Stress-During-Infectious-Disease-Outbreaks/sma14-4885>
- Five Ways to View Coverage of the Coronavirus
www.apa.org/helpcenter/pandemics
- Seven Crucial Research Findings that can Help People Deal with COVID-19
www.apa.org/news/apa/2020/03/covid-19-research-findings
- Resources for psychological health
https://docs.google.com/document/d/1mcmuJralTP_oPB-PF3siEeJV8yiG6vuXtjHx1_4mu48/edit
- Website, Blog, and Podcast Resources for Academic Medicine & COVID-19 (Johns Hopkins SOM)
<https://facultyfactory.org/>
- Access the free Coronavirus Sanity Guide, including meditations, podcasts, blog posts and talks offered by Ten Percent Happier
- University Health Club recently provided 500+ ways to enjoy a Wellbeats fitness class from home.