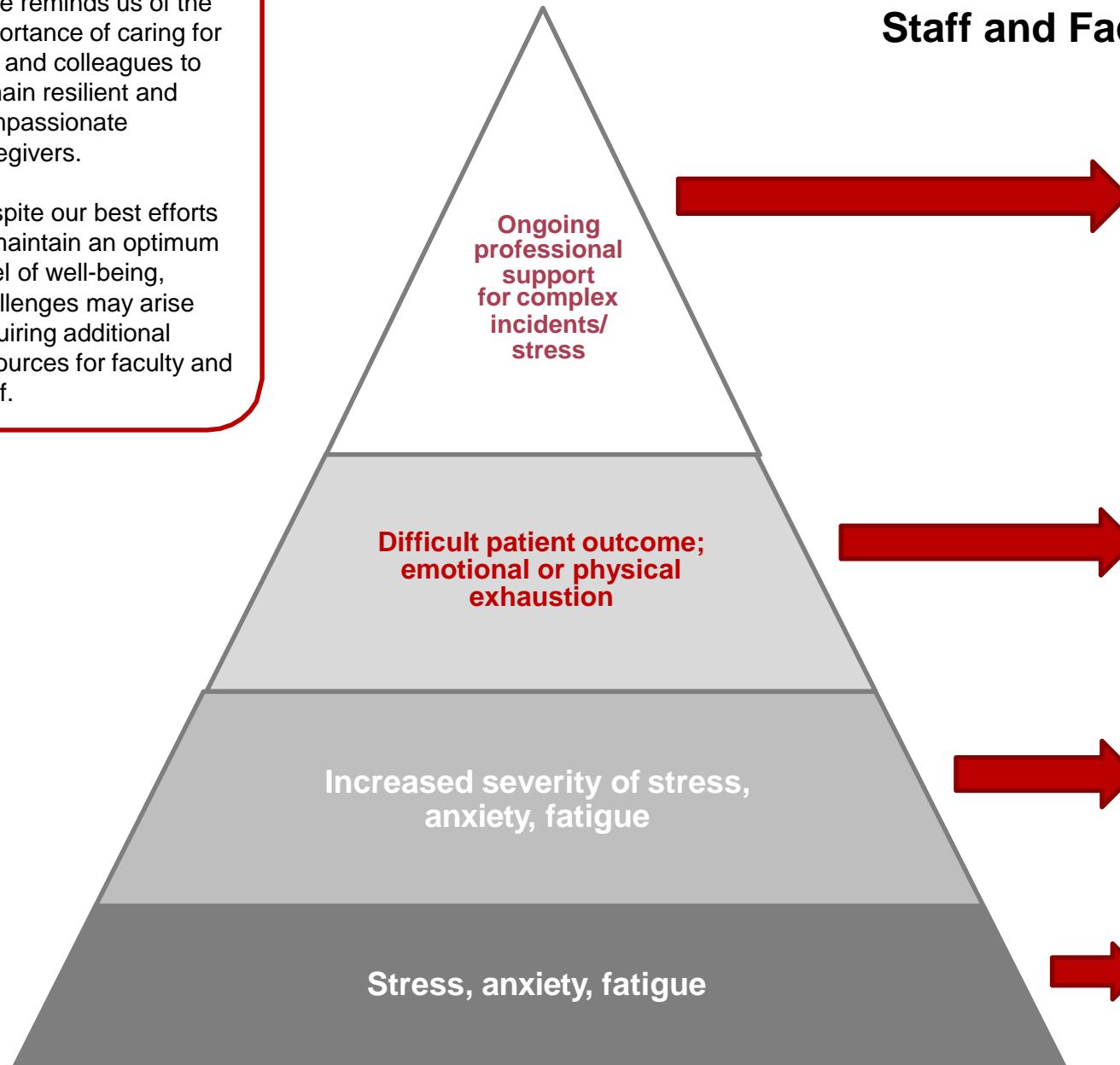


Our commitment to Relationship Based Care reminds us of the importance of caring for self and colleagues to remain resilient and compassionate caregivers.

Despite our best efforts to maintain an optimum level of well-being, challenges may arise requiring additional resources for faculty and staff.



Relationship Based Care: Ohio State Wexner Medical Center Staff and Faculty Support System

EAP: 1-800-678-6265 or email EAP@osumc.edu (24hrs/day)

Stress Trauma And Resilience (STAR)Support Line: 614-293-STAR (8 a.m.- 8 p.m., M-F), *after-hours support is available by paging 37827 (3-STAR) in WebXchange*

Chaplain Staff Support Line: 614-688-4196 (24hrs/day)

Stress Trauma And Resilience (STAR)Support Line: 614-293-STAR (8 a.m.-8 p.m., M-F), *after-hours support is available by paging 37827 (3-STAR) in WebXchange*

Mental Health CNS: Page #9245 (8 a.m.-4:30 p.m., M-F)

A list of unit trained **Brief Emotional Support Team (B.E.S.T.)** colleagues can be found at: go.osu.edu/bestsupporters

Contact your unit manager, director or leader; reach out to trusted peer. Find mindfulness, meditation, wellness resources at: wexnermedical.osu.edu/wellbeing

Employee Basic Needs: If you are feeling overwhelmed, email Employeerесources@osumc.edu to learn about available resources (i.e. food, daycare, transportation, housing, financial assistance)