

You are not alone: Support when you need it

Professional help is an email away

Send an email to COVIDsupportReferrals@hhchealth.org to be connected to a psychologist, psychiatrist or licensed clinical social worker (LCSW) from HHC's Behavioral Health Network. We will connect you to a clinician within 24 to 48 hours for a supportive conversation or brief counseling, at no charge to you. We can also connect you to other resources including longer-term psychotherapy and groups, through an online platform. Group supports for units/programs are also available. This service is open to all HHC colleagues and their immediate families.

No-cost counseling and support

Guidance Resources provides five confidential counseling sessions for HHC colleagues and their families at no cost to you. **Learn more on the Guidance Resources page of HHC Connect.**

Call: 833.806.8721

TDD: 800.697.0353

Online: [GuidanceResources.com](https://www.guidanceresources.com) (use the web ID: HARTFORDHEALTHCARE when you log in)

App: GuidanceResources® Now

Virtual drop-in sessions

Institute of Living (IOL) psychologist Allison Verhaak, PhD, is offering weekly mindfulness/relaxation skills training for HHC colleagues from 2-2:30pm on Tuesdays. **To join, follow:** <https://zoom.us/j/313983431>.

Join psychiatrist Dahlia Saad Pendergrass, MD, of the IOL, for daily hour-long virtual support sessions. **To join, follow the link:** <https://zoom.us/j/8659196255>.

Sessions will start with a mindfulness exercise, followed by supportive/process work.

- Mondays 9-10am
- Tuesdays 4-5pm
- Wednesdays 2-3pm
- Thursdays 9-10am
- Fridays 6-7pm

Dr. Saad Pendergrass is also available to answer individual questions or concerns via Tiger-connect and will be rounding on Hartford Hospital units for spontaneous chats.

Spiritual support

Spiritual care is available at all HHC hospitals. You can set up an appointment by sending an email to:

- **Hartford Hospital –**
Colleen.Mulkerin@hhchealth.org
- **THOCC and MidState Medical Center –**
Doreen.Bottone@hartfordhealthcare.org
- **CHH –**
Mark.Pilletere@hhchealth.org
- **Backus and Windham Hospitals –**
Mary.Horan@hhchealth.org
- **HHC at Home –**
Bill.pilkington@hhchealth.org
- **St. Vincent's Medical Center –**
William.Hoey@hhchealth.org

Provider Peer Support

If you're going through a difficult time or know a physician or advanced practitioner who appears to be struggling, reach out with compassion. To refer a colleague or start your own confidential conversation, call 860.200.5776 or email ProviderPeerSupport@hhchealth.org.

Resilience in the time of COVID-19

This is an easy to read guide that walks you through the steps to ease your anxiety and take control of your emotions at a time when so much feels out of control. Find it here: https://intranet.hartfordhealthcare.org/File%20Library/Clinical%20Resources/Coronavirus/Wellness/BHN_COVIDResilience_PPT.pdf