**Wellness Resources Available Now**

**Healing Heroes Helpline (H3)**

**(984) 215-5655**

* A warm support line that offers supportive listening, skills-based consultation, and information about resources.
* **Confidential, private, and no-cost access to emotional support and resources**
* Available Monday – Friday from 8:00 am to 7:00 pm.

**Taking Care of Our Own Program (TCOOO)\***

* Offered to all physicians, faculty, and house staff, within UNC SOM/Medical Center
* Convenient and confidential expertise in wellness and mental health
* Information, including a request for an intake appt, can be found here: <https://www.med.unc.edu/psych/wellness-initiatives/taking-care-of-our-own/>

**Outpatient Psychiatry – Taking Care of All our Healthcare Colleagues\***

**(984) 974-5217, Option 2**

* Virtual visits for support and wellness for all UNC Health faculty and staff
* **Faculty and staff can use their insurance for these appointments**.

**Post-traumatic and Acute Stress and Trauma Treatment (PATT)\***

**(984) 974-5217**

* **Operated through the UNC Dept of Psychiatry outpatient clinics**

[**Employee Assistance Program**](https://unchc.service-now.com/hrportal?id=hr_kb_article&sysparm_article=KB0024255)

* Provides a limited number of free visits with counselors in the community
* This link leads to the myHR portal and enter “EAP”
<https://unchc.service-now.com/hrportal?id=hr_kb_article&sysparm_article=KB0024255>

***All Resources are routinely updated on the psychiatry website:***
<https://www.unchealthcare.org/wellbeing/toolkit/toolkit-overview/mental-healthemotional-support-resources-for-co-workers-and-prov/>

\*Insurance will be billed for clinical services provided and there may be a co-pay