

# TLC RESOURCES



## APPLICATIONS

### 10% Happier →

As a way to thank and support healthcare workers, TenPercent.com is offering healthcare workers 6-months free access to their Meditation app.



- How to Redeem Your Complimentary Subscription:
- Visit <https://www.tenpercent.com/care> or click on the button above to create your account
- Download the app, sign in and enjoy!

### Headspace →

Free access for Healthcare Providers to Headspace Plus through 2020.

**To get started, please follow these steps:**

1. Click on button above or visit <https://www.headspace.com/health-covid-19>
2. Select the state where your National Provider Identifier (NPI) is registered (could be a previous state)
3. Log in to your existing account or create an account if you are new to Headspace
4. Enter your last name and 10 digit National Provider Identifier (NPI) number - you will then receive a link to activate the subscription
5. Click the "Verify" button in the activation email to activate your new membership

## RISE AND SPIRITUAL CARE

**RISE:** RISE stands for Resilience in Stressful Events. RISE is confidential peer support that provides timely support to staff, physicians, and volunteers in response to stressful, work-related events. RISE is available at SMC, OCMC, LBMC and MCHWL. Contact: (844)901-PEER (7337) and select your campus in the voicemail options, or email [JYee2@memorialcare.org](mailto:JYee2@memorialcare.org) and clarify your campus in the body of the email. RISE Team is available Monday-Friday 8 am – 4:30 pm and respond to requests during these hours.



## WELLIST

**Wellist:** Wellist provides MemorialCare employees with information and local resources for certain types of services (including emotional support). Use of the site is free, however there is a charge by the vendor when you purchase a service.

**Website:** [www.memorialcare.wellist.com/employee](http://www.memorialcare.wellist.com/employee)



# VIRTUAL ENCOURAGEMENT WALL

## An encouraging word. A vow of thanks. Well-deserved recognition.

When you're in the midst of a stressful situation, a sincere and well-timed "thank you" can inspire you to keep going in the face of nearly any obstacle. That's how it is for the selfless MemorialCare physicians, nurses and team members who are out there every day at our hospitals, working around the clock to overcome the COVID-19 crisis while away from their homes and the people they love.

They need to know how much we value them and thank them for giving their all in such an unprecedented situation. Your words truly can

make the difference. Send an uplifting message by using our hashtag [#ThankMCFrontline](#) on any public Instagram or Twitter account, or submit your message through our [online form](#).

Anyone with access to the internet will be able to view our Encouragement Wall here <http://memorialcare.org/thank-the-frontline>. The Encouragement Wall will stream messages of Thanks and Encouragement to our frontline healthcare workers from their colleagues and the communities we serve. Each entity will have dedicated screens in lobbies and other locations that will display the Encouragement Wall.

# MENTAL WELL-BEING

## Physician Support Line

Free, confidential peer support telehealth line staffed by volunteer psychiatrists for physician colleagues during the COVID19 pandemic.

**Check in at:** <https://doxy.me/physiciansupportline>

No appointment needed, Every day from 5am to 9pm, PST.

Physician Support Line →



## SilverCloud

MemorialCare is offering access to SilverCloud, a free, online educational and therapeutic program to help manage mild to moderate anxiety and/or depression, stress, resilience, and trouble sleeping. It's available to MemorialCare employees and their families any time, on any device (smartphone, tablet, computer). Go to the website and take the quiz to access the resources.

**Website:** <https://memorialcare.silvercloudhealth.com/signup/memorialcare/esignup/>

SilverCloud →

