

# Mental Health Resources

Resource	Source	Type	Who is it for?	What does it do?	How do I access it?
Resilience in Stressful Events (RISE) Peer Response Team	UMMC	Peer support	UMMC health care providers	peer response team offers 24/7 confidential	Call 601-815-(RISE)7473 to connect with a team member.
Employee Assistance Program	UMMC	Professional mental health support	UMMC workers	Short-term in-person, telephone, and/or video-based counseling for issues such as relationships, workplace challenges, grief, parenting, anxiety, depression, etc.-3 free	<a href="https://www.umc.edu/HR/Benefits/Employee-Assistance-Program.html">https://www.umc.edu/HR/Benefits/Employee-Assistance-Program.html</a>
Office of Well-Being	UMMC	website with wellness resources	UMMC workers	website with links to wellness resources	<a href="https://intranet.umc.edu/Administration/Office-of-Wellbeing/Office-of-Wellbeing.html">https://intranet.umc.edu/Administration/Office-of-Wellbeing/Office-of-Wellbeing.html</a>
Dept of Psychiatry	UMMC	Professional mental health support	anyone	provides mental health care (insurance may cover)	<a href="tel:601-984-6925">601-984-6925</a>
The National Crisis Text line	non-UMMC	Crisis or immediate support	Anyone	Free 24/7/365 mental health support	Text "10-18" or "SCRUBS" to 741741 or visit <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a>
The Emotional PPE Project	non-UMMC	Professional mental health support	healthcare workers	Directory of volunteer licensed mental health practitioners offering free services	<a href="https://www.emotionalppe.org/">https://www.emotionalppe.org/</a>
Therapy Aid	non-UMMC	Professional mental health support	Essential Workers & their adult family members	Free therapy for frontline health care professionals (individual and group support)	<a href="https://therapyaid.org/">https://therapyaid.org/</a>
Frontline Therapy Network	non-UMMC	Professional mental health support	First Responders, Medical Personnel, and Veterans	Six (6) free sessions of psychotherapy via telehealth	<a href="https://www.thebattlewithin.org/frontline-therapy-network">https://www.thebattlewithin.org/frontline-therapy-network</a>
Physician Support Line	non-UMMC	Professional mental health support	Physicians and medical students	Free phone session with a psychiatrist. 7 days a week from 8:00AM - 1:00AM ET	Call 1-888-409-0141 or visit <a href="https://www.physiciansupportline.com/">https://www.physiciansupportline.com/</a>
PeerRxMed	non-UMMC	Peer Support	Physicians and healthcare workers	Free program designed to provide support, connection, resources, and skill- building	<a href="https://www.peerrxmed.com/">https://www.peerrxmed.com/</a>
The National Suicide Prevention Lifeline	non-UMMC	Crisis support	Anyone	Free, confidential crisis counseling 24/7/365	1-800-273-TALK (8255)
COVID Coach	non-UMMC	Mobile App	Everyone	Supports self-care and overall mental health during the COVID-19 pandemic	Free download from the Apple App store or Google Play or visit <a href="https://mobile.va.gov/app/covid-coach">https://mobile.va.gov/app/covid-coach</a>