



Resources Available to You

Anthem EAP

Call 800-999-7222 or go to anthemEAP.com and enter your company code: Barton Healthcare System. Services they provide are the following:

- Counseling
 - Up to 6 visits per issue
- Crisis consultation
 - Around the clock help available 24/7 (800-999-7222)
- Legal Consultation
- Financial Consultation

Northern Nevada Peer Support Network

nnpsn.com

Website for first responders that includes:

- Peer support
- Articles
- Podcasts

Additional Resources Available

Processing Feelings Common to Healthcare Workers During COVID

<https://www.whiteboardpsychology.com>

National Suicide Prevention Hotline 800-273-8255

Crisis Text Line <https://www.crisistextline.org>

VeryWellMind <http://www.verywellmind.com>

Calm Free Meditations <https://www.calm.com/blog/take-a-deep-breath>

Controlling Coronavirus Anxiety <https://www.psychologytoday.com/us/blog/erasing-stigma/202003/controlling-coronavirus-anxiety>