

Your Roadmap to Resilience 2022

Caring for yourself is one of the most important things you can do to nurture your own health to better care for others. The health system has invested in you with robust resources to support your emotional and mental health. Find them all on the It's About You wellness portal.

Confidential, free services when employees and their household members need support.

Supportive group programs and resilience training.

Looking for 1:1 support after adverse work events.

Holistic support and resources on your wellness journey.

COMPSYCH[®]

GuidanceResources[®]Worldwide

ComPsych, Employee Assistance Program, offers someone to talk to and resources to consult whenever and wherever you need them.

- Confidential emotional support
- Work-life solutions
- Legal guidance
- Financial resources
- Free online will preparation
- 24/7 support for you and your household members

To get started visit:
guidanceresources.com
(Organization web ID: health system), call 855-784-2052 or TTY: 800-697-0353.

TURNING POINT

 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

Turning Point offers resilience support resources that are open to all employees of the health system. Turning Point also supports and empowers people living with chronic or serious physical illness, through various classes and programs.

- [Resilience Toolbox](#)
- [The 10 Facets of Resilience Resources](#)
- Supportive staff programs and resiliency training. Contact Hayley Stolzle hstolzle@kumc.edu for more information.

To learn more about Turning Point visit: [Turning Point- The University of Kansas Health System](#), email turningpoint@kumc.edu or 913-574-0900.

HOPE

Helping Our People Endure (HOPE) is a confidential program aimed at supporting employees who may be experiencing what's known as second-victim phenomenon - when healthcare staff experience symptoms following medical errors, adverse patient events, near misses, care of long-term patients, unexpected patient demise and first-death experience.

For more information or to be paired with a peer supporter:

Kansas City and Great Bend Employees:
HOPE@kumc.edu

St. Francis Employees:
Hope@kutopeka.com

IT'S ABOUT → YOU

The It's About You wellness portal offers a robust suite of resilience and mental well-being resources, available to all employees regardless of benefit-eligibility. Spouses of employees covered under a health system medical plan also have access.

- Resilience, burn-out, work-life balance webinars
- Scholarly articles covering a wide array of wellness topics
- Self-care tips
- Personal and group challenges

Learn more about managing stress and find other self-care tips at kansashealthsystemwellness.com.