


# Your Roadmap to Resilience: Health System Employees

You must care for yourself before you can care for others. The health system has invested in robust resources to support your emotional and mental health. The resources below are free to all employees, regardless of benefits eligibility.

 See the health system's comprehensive [Mental Health Resource Guide](#) for more resources. If you or someone you know is in crisis, call or text 988 or chat at [988Lifeline.org](#).

Free, confidential support for your mental health and well-being.

Supportive group programs and resilience training.

One-on-one support after adverse events at work.

Self-guided tools to support your holistic wellness.

**COMPSYCH**<sup>®</sup>  
GuidanceResources® Worldwide


ComPsych, our Employee Assistance Program, offers free, confidential mental health support for all employees and their families. Get 24/7 support for stress, financial strain, grief, divorce, substance abuse and more through:

- Professional counseling (8 visits per issue)
- Computerized Cognitive Behavioral Therapy
- Online assessments and tools

**To get started:**

- Call 855-784-2052 (TTY: 800-697-0353)
- [GuidanceResources.com](#)
- GuidanceNow mobile app
- Organization web ID: health system

*Physicians' EAP is through The Standard*

**TURNING POINT**  
 THE UNIVERSITY OF KANSAS HEALTH SYSTEM

Turning Point offers free resilience support and resources to all employees and physicians. Turning Point also provides skills-based programs for people living with chronic illness and their caregivers (individuals do not need to be employees to access these services).

- [Learn more about classes and training](#)
- [Resilience Toolbox](#)
- [The 10 Facets of Resilience Resources](#)
- Email [TurningPoint@kumc.edu](mailto:TurningPoint@kumc.edu)
- Call 913-574-0900

*Also available to physicians*

**HOPE**

HOPE (Helping Our People Endure) is a confidential program designed to support staff who may be experiencing “second-victim phenomenon” – when healthcare workers experience symptoms following medical errors, adverse patient events, near misses, care of long-term patients, unexpected patient demise and first-death experience. HOPE pairs staff who need support with confidential, trained employee volunteers.

**For more information or to be paired with a confidential peer supporter, email [Hope@kumc.edu](mailto:Hope@kumc.edu)** (St. Francis staff, email [Hope@kutopeka.com](mailto:Hope@kutopeka.com))

*Also available to physicians*

**IT'S ABOUT → YOU**

It's About You, our award-winning wellness program, is free to all staff, as well as to employee spouses who are enrolled in a health system medical plan. The program features extensive self-guided resources at your fingertips to support your mental and emotional health.

- [Mental Health Questionnaire](#)
- Self-care toolkit
- Webinars, training courses and articles
- Interactive challenges

Visit [KansasHealthSystemWellness.com](#) and follow the steps under “Get Started”

*Also available to physicians*