Caring for our Providers

• Uncertainty is a word so close to everyone we have spoken to. The Coronavirus pandemic has destabilized the world in so many ways: unstable financial markets, further heightened political tensions in our world and in the U.S. and medical systems already broken in the U.S, are now being pushed even further.
• **You are not alone.** For most of us, this is the first time in our lives that we have experienced anything of this nature. For all of us in the healthcare field, we are the front line and we need to stay healthy.
  • **We need each other now more than ever.**
• As a community we can CHOOSE to socially connect and emotionally support one another even when we must physically distance. We are offering the opportunity to come together (virtually) to support each other and learn from each other. We can communicate in groups via zoom or utilize other technologies to check in with each other.
  • **Our hope is that we can “isolate without feeling isolated”**

**ZOOM VIRTUAL GROUP SUPPORT SESSIONS AVAILABLE**

**Monday March 30, Wednesday April 1, AND Thursday April 2**

7 am, 2 pm and 5 pm

***Please be sure to download zoom on your personal device before you enter the meeting. This can be done on phone, laptop, IPAD, desktop****

Join via Zoom:  [https://ascension.zoom.us/j/304225609](https://ascension.zoom.us/j/304225609)

Join by phone  1-443-892-3235 (PIN: 220784496)

For Individual Needs:

**PERFECTSERVE: THE HEALTH AND WELLNESS LINE**

• 1-877-603-4070

**ASCENSION EAP SERVICE:**

• 1-888-267-8126  or

• [https://ascensiontotalcompanies.lifeworks.com](https://ascensiontotalcompanies.lifeworks.com)

• Username and password are: ascension

**VIDEO How to Best take care of Yourself in a Crisis:**

[https://players.brightcove.net/5821766581001/GP6b0IdX0I_default/index.html?videoid=614500269001](https://players.brightcove.net/5821766581001/GP6b0IdX0I_default/index.html?videoid=614500269001)