



Emotional Well-Being Resources

Benefits for Residents and Fellows

Tending to the needs of work, home, caregiving and personal interests is a rewarding feat, yet it can also take a toll on one's mental health, a vital part of your overall well-being. [GW programs](#) outlined in this document are intended to help support you/your family's emotional well-being, particularly during the pandemic.

Emotional Well-Being Resources for All Benefits-Eligible Employees

Resources for Living



GW's [Employee Assistance Program \(EAP\)](#) supports benefits-eligible employees and members of their household. The EAP offers support in several ways:

- Receive five confidential counseling sessions per issue at no cost.
- Request work-life service searches for support, such as local childcare centers; ask basic legal questions, such as how to create a will.
- Schedule a [free 30-minute consultation](#) with a financial professional to discuss financial needs and help resolve issues.

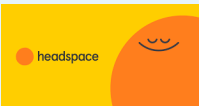
Access EAP

- Visit my.gwu.edu, select "**Sign In.**" Under the "**Working**" section, click **Employee Assistance Program.**
- Or, visit resourcesforliving.com. Log in with **Username: GW-Wellbeing** and **Password: Yourlife.** Or, call (866) 522-8509 to chat with a care representative.

[Talkspace through GW's SMHS](#)

In lieu of live counseling through the EAP, benefits-eligible residents and fellows may use Talkspace, the text therapy app. The app is available through the SMHS at no cost for **Text or Video counseling.** GW residents must register at Talkspace.com/gwu and please use your @gwu.edu email (not the @mfa.gwu.edu email address). Make sure that you do not add any kind of insurance information because it is not necessary. This benefit is fully funded by the SMHS.

[Headspace](#), the mindfulness app, is available at no cost to benefits-eligible faculty and staff. This daily tool provides meditation, sleep, and children's programs. The "Move" section includes running, walking and yoga exercises offered in time increments from 5 - 20 minutes.



Family Care Resources for All Benefits-Eligible Employees

Caregiving for our families is rewarding, and yet can demand endless energy, patience and create schedule conflicts. GW offers [Bright Horizons Enhanced Family Supports™](#) for our family care benefit, which includes a variety of programs to support you and includes:

- Expanded in-center back-up care at both Bright Horizons and KinderCare centers.
- In-home care for children and adults through Bright Horizons.
- An [Elder Care program](#) to assist you in developing care plans for aging relatives.
- A Sittercity membership at no cost.
- Assistance with full-time nanny placement for a discounted cost.
- Early Years in-center childcare discounts and more!

Employees must first [register](#) on the [GW/Bright Horizons microsite](#) to access services.





Emotional Well-Being Resources

Faculty and Staff

Resources for Employees and Dependents Covered On a GW Medical Plan



The [GW PPO](#) and [Health Savings Plan](#) include [behavioral health benefits](#) that offer services to support conditions like depression, ADHD, anxiety and substance abuse recovery services. [Telemental health](#) is included in your benefits.

- Find a behavioral health provider and schedule appointments at [myuhc.com](#). You can also visit the [Live and Work Well website](#); enter code "UHC" as your company access code and click "Search Providers."

[Real Appeal](#) is a free weight-loss support program available to eligible employees and their adult dependents covered on a GW medical plan. This [virtual program](#) uses live online coaching, group sessions and highly interactive weekly internet videos to drive small behavior changes. Participants receive a free welcome kit that includes recipes, a portion plate, food scales, and more.



Get In Touch

Employee Assistance Program (EAP)

Log in to [my.gwu.edu](#) and select EAP under the **"Working"** section or call (866) 522-8509. Or, visit [resourcesforliving.com](#). Log in with **Username: GW-Wellbeing** and **Password: Yourlife**.

Headspace

Benefits-eligible employees can visit [go.gwu.edu/headspace](#) to register for a free membership.

UnitedHealthcare

Visit the [myuhc.com](#) website to find a mental health provider. You can also visit the [LiveandWorkWell](#) website. Enter the code **"UHC"** as the **company access code** and visit the provider search function.

GW Benefits

Contact us at [benefits@gwu.edu](#) or (571) 553-8382 for assistance with any of your GW benefit programs.

Residents and fellows also have access to four (4) fully funded mental health appointments with the GW MFA Psychiatry Department. Please contact the GME Office for more information.

Information website about other resources from the GWU Resiliency & Well-Being Center.
<https://rws.smhs.gwu.edu/>