

Identifying and supporting the needs of learners who experience grief:



T

TURN INWARD

- Recognize reactions
- Care for yourself first
- Breathe

E

EXPLORE

- Ask permission
- Bring curiosity
- Listen

A

ACKNOWLEDGE

- Name the grief
- Everyone processes differently
- Variable grief reactions

R

RESOURCES

- Rituals
- Relationships
- Time
- Creativity

S

SUPPORT

- Immediate
- Short-term
- Longer-term

Specific Resources at BCH

Office of Clinician Support (OCS) — Provides support for work-related issues, including burnout and stress management. Also provides referrals for longer term therapy to community mental health providers.

Contact information: 617-355-6705, or email Lauren Coyne (Lauren.coyne@childrens.harvard.edu)

DOCS peer support program — A peer support program consisting of mental health "coaches" with a wide range of experiences. |

Contact information: Page DOCS through BCH page operator between 3pm-7pm for urgent issues.

Contact Liz Robinson (617-355-6705) or email DOCS@childrens.harvard.edu

Online therapy — Doctors on Demand which accepts both BCH and BMC insurance.

doctorondemand.com

Employee Assistance Programs (EAP) / KGA — Can provide referrals to licensed mental health providers, with some availability to provide onsite or virtual counseling to BCH employees. Free and confidential.

Contact information: 800-648-9557, www.my.kgalifeservices.com/

Chaplaincy

PACT