PSYCHOLOGICAL FIRST AID TOOLS
PSYCHOLOGICAL FIRST AID HELP CARD

Print out the Quick Reference card to help you in the moment to give practical help

click image to print ➔
PSYCHOLOGICAL FIRST AID (PFA) APPS

U.S. Department of Veteran Affairs
https://me.va.goobilv/app/pfa-mobile

University of Minnesota
https://www.sph.umn.edu/pfatutorial/

Search PFA in your app store to download
IMMEDIATE RESOURCES FOR REFERRAL

Disaster Distress Helpline
1-800-985-5990
Multi-lingual confidential trained crisis counselor center.

Disaster Distress Helpline - Texting Option
Text 'TalkWithUs' to 66746 for texting option

National Suicide Prevention Lifeline
1-800-273-8255

Emergency Department
Mayo Clinic Security
Spiritual Care for Staff

We experience a range of emotions – whether it be fear, anger, anxiety, or grief!
If you want someone to talk to about these feelings, reach out to a Chaplain at you Site or Region

Chaplain Care: For Patients, Families, Staff & Teams

**Arizona**: Call Spiritual Care 2-1122
**Florida**: Call (904)-953-2000 for on-call chaplain
**Rochester & SEMN**: Call 127-02000 to page on-call chaplain

**NWWI Eau Claire**: Call (715)-838-3311 for on-call chaplain
**SWMN Mankato**: Call (507) 625-4031 for on-call chaplain
**SWWI La Crosse**: Call (608)-785-0940, ext. 2-2218

**Staff Care**
As helping professionals, when we reach out for support, those in our care do better too.

**Options**: speak over the phone, video chat, or in-person visits

**Conversation starters**
What do you & your team need today?
What are you feeling?
What are your worries?
Where is your calm in the storm?
What do you find peace beyond all understanding?
EMPLOYEE ASSISTANCE PROGRAM (EAP)

• A resource provided by Mayo Clinic at no cost to you. Offers counseling and other resources

• completely confidential

• Available to employees and their family

• Services offered can vary depending on who your EAP provider is.
### FIND YOUR EAP PROVIDER

<table>
<thead>
<tr>
<th>Site</th>
<th>Service Provider</th>
<th>Call</th>
<th>Visit</th>
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<tbody>
<tr>
<td>• Arizona</td>
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<td>• Florida</td>
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<td>• Mayo Clinic Ambulance</td>
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<tr>
<td>• Mayo Clinic Health System regions</td>
<td>VITAL WorkLife</td>
<td>800-383-1908</td>
<td><a href="www.VITALWorkLife.com">www.VITALWorkLife.com</a> (username = mayo clinic password = Member)</td>
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<tr>
<td>• Rochester employees living outside of MN</td>
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<tr>
<td>• Rochester</td>
<td>Mayo Clinic EAP</td>
<td>507-266-3330</td>
<td>[Mayo Clinic EAP](Mayo Clinic EAP) (no log in required)</td>
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<td>• Decorah (Physicians)</td>
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VITAL WORKLIFE

• 24-hour a day support and resources online or by phone

• New in 2020: download the mobile app to make it even easier to connect to VITAL Worklife

Enter the following credentials when prompted.

**Username:** mayoclinic  
**Password:** member

Take a private assessment in the tool to evaluate your current state.

Click on the phone icon and then tap to call a live counselor 24-hours a day.
MAYO CLINIC EAP

- Request an appointment
- Read the brochure or watch a short video
- Join the mailing list to connect with upcoming events
- Review the resources tab for information on:
  - Addiction
  - Grief
  - Legal assistance
  - Community resources
  - And more!

http://intranet.mayo.edu/charlie/employee-assistance-rst/
COVID-19 Well-Being Care Kit

http://intranet.mayo.edu/charlie/well-being/covid-19-well-being/
OFFICE OF PATIENT EDUCATION

Coronavirus Disease 2019 | COVID-19

Resources for Adults

Patient Education

✓ Stress Management
✓ Sleep Management
✓ Anxiety and Mood Management

Self-Help & Free Mental Health Apps | Print Friendly

http://intranet.mayo.edu/charlie/office-patient-education/clinical-corner/psych
Well-Being Index

Assess your stress and compare results nationally to improve your well-being.

Get started:
1. Go to Create an Account
2. Enter Invitation Code: Mayo
3. Enter your email address (does not need to be Mayo email address) and create a password

Already have an account set up? Go to the Well-Being Index and sign in to receive additional resources and track your well-being progress.

Download the Well-Being Index Mobile App

http://intranet.mayo.edu/charlie/well-being/well-being-index/

- Brief
- Free
- Measures multiple dimensions of distress
- Strong validity evidence
- Personalized feedback
- Tailored resources
- Outside Mayo firewall
- Mayo developed
# OTHER RELIABLE INFORMATION

## Resources for the Community

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<thead>
<tr>
<th>Travel</th>
<th>Schools &amp; Childcare</th>
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<tr>
<td><img src="image1.png" alt="Travel Image" /></td>
<td><img src="image2.png" alt="Schools &amp; Childcare Image" /></td>
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<tr>
<th>Businesses &amp; Employers</th>
<th>Community &amp; Faith-Based Organizations</th>
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<td><img src="image3.png" alt="Businesses &amp; Employers Image" /></td>
<td><img src="image4.png" alt="Community &amp; Faith-Based Organizations Image" /></td>
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[https://www.coronavirus.gov/](https://www.coronavirus.gov/)