

To our staff:

We would like to offer several opportunities for support during the COVID19 crisis, as a way to help with coping.

The Department of Pastoral Care and Chaplaincy Services is available to provide spiritual, religious, and emotional support, as well as stress management services. You may contact the department (confidentially) by calling 410-601-9680 M-F 8-4:30. Nights and weekends for immediate support you can page the on-call chaplain through the LifeBridge Health phonebook (found under LBH pastoral care).

Psychologists who work for LifeBridge Health will be offering multiple opportunities to help our staff get the support they need, as follows:

Group support video chat sessions (via Zoom) with a psychologist who can help facilitate coping with pandemic-related anxiety and provide a forum to share strategies to help providers manage anxiety in the setting of patient care. Sessions will be limited to eight people/group and will be offered at various times throughout the week. They will remain available throughout the COVID-19 crisis.

To sign up for one of the sessions:

Please contact Ellen Lumsden at 410-601-9383 or by e-mail at elumsden@lifebridgehealth.org. Your personal information will be kept confidential, but we do need to collect some. She will need the following information:

- Name
- Job Title
- Department
- LBH email address and cell phone number
- Preferred group time slot to join; second choice time slot (see below)

Groups will run 30 to 60 minutes depending on group size and need.

Our psychologists can also help facilitate referrals to other mental health resources (within LifeBridge Health or the community) as needed.

On behalf of the medical staff leadership and LifeBridge Health, I thank you for your commitment and for the service you provide to our entire community. Stay safe during this difficult time!

Sincerely,

Jeanette Linder, MD
President, Sinai Medical Staff

Omar Zalatimo, MD
Vice President

Adrian Goldszmidt, MD
Secretary

Josh Birnbaum, MD
Treasurer