



---

## Emotional Well-Being Resources

---

HRMD Leadership <askhrmd@gwu.edu>



---

### Dear Faculty and Staff,

As we [return to campus this week](#), we acknowledge and appreciate the various emotions many of us are carrying, and appreciate the ways in which our community is extending care to one another right now.

In addition to caring for your family members, neighbors and colleagues, we would like to take a moment to address the importance of focusing on and maintaining your personal well-being. Right now, many of you may be experiencing a heightened level of anxiety and stress. To help you navigate these challenges, please take a moment to review the [well-being resources \(PDF\)](#) available to you as a benefits-eligible employee.

---

### Emotional Well-Being Support

- [Headspace](#) can be accessed at no cost and offers mindfulness exercises, focus music, sleep support and other engaging tools that can be found on their platform.
- [GW's Employee Assistance Program \(EAP\)](#), offers free, confidential help for benefits-eligible faculty and staff, and members of their household (including dependent children up to age 26, whether or not they live at home.) The EAP is available 24/7 and can be accessed either by signing in at [my.gwu.edu](http://my.gwu.edu), visiting [Resources for Living](#) (username: **GW-Wellbeing** and password: **Yourlife**), or by calling (866) 522-8509 or TTY: (888) 879-8274.
- [Talkspace](#), via GW's EAP, can be used in lieu of in-person or virtual counseling sessions with a therapist. Benefits-eligible faculty and staff, and their household members (13 years and up), may elect to use Talkspace, the text therapy app. Talkspace can be accessed at no cost for five weeks within a 120-day window; the weeks do not need to be consecutive. After being matched with a therapist, you can send messages from your phone, which will be responded to within 24 hours.

- Faculty and staff, and their eligible dependents, enrolled on the [GW PPO or HSP medical plan](#) through UnitedHealthcare have access to [behavioral health coverage](#), which supports conditions such as depression, ADD/ADHD, anxiety and more. [Virtual visits](#) can also be scheduled in order to meet with a doctor from the comfort of your home.

---

## Family Care

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

- Expanded in-center [back-up care](#) at both Bright Horizons and KinderCare centers.
- In-home [back-up 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.

Should you need assistance with these and other GW benefits, please contact Benefits at [benefits@gwu.edu](mailto:benefits@gwu.edu).

---

While there will continue to be new challenges set forth from the pandemic, we are confident in the resilience, commitment and, most importantly, care that is woven into our culture. Take time to prioritize your emotional well-being, whether it means stepping outside, or taking the first step to initiate a conversation with a counselor, it is important and vital to your health. We look forward to seeing all of you on our campuses in the near future.

## Our Best,

Sabrina Minor  
Interim Vice President and Chief People Officer

Jennifer Lopez  
Associate Vice President, Total Rewards