

Physical Well-being

LifeWorks Fitness Center

LifeWorks offers free, virtual fitness classes, two times per week via their Facebook page. Visit the site to take advantage of this opportunity for physical well-being from the comfort of home!

Nutrition Services

Take dinner off your to do list! Eliminate the need for cooking and cleaning up! Enjoy a delicious dinner with your family, and spend more time with one another, when you purchase a Dinner-To-Go from Nutrition Services, on Thursdays. Call Nutrition Services at **440-816-8838**, to learn about upcoming meals.

Your well-being is very important to us. Don't ignore your needs or the signs that you may need to reach out for additional support. You give so much of yourself to Southwest General—let us help take care of you, too. We are family, and we are in this together.



Human Resources

Phone: **440-816-8025**

Fax: 440-816-8699

Hours:

Monday–Thursday: 7 a.m.–5 p.m.

Friday: 7 a.m.–4 p.m.

18697 Bagley Road
Middleburg Heights, OH 44130

www.swgeneral.com



Southwest General

Partnering with  University Hospitals

Employee Support Resource Guide



Southwest General

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For all of us, the COVID-19 pandemic has created uncertainty, increased our sense of loss and added concern for our personal well-being and that of our families and friends. Now, more than ever, we need to be aware of our own self-care needs and the extra support our teams may need.

As we continue to care for patients, fill extra shifts and manage life's daily challenges, it can become routine to ignore the effects of stress and trauma. You can miss the signs that you need support, so it's essential to check in with yourself frequently.

This resource guide will help you navigate the many tools and programs available to you and your family through Southwest General. We encourage you to evaluate your well-being and explore the following mental, physical and spiritual resources available to support you:

Mental Health

Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board of Cuyahoga County

The ADAMHS Board provides resources and support to health care workers in need. This includes anonymous screenings and referrals to treatment resources through FrontLine Service. Call **216-623-6888**.

Ease@Work

Ease@Work provides onsite (per department request) virtual and telephonic support to employees and their immediate family members. Take advantage of financial well-being resources, health coaches, counselors and many more tools. Your sessions are confidential and will never be shared with anyone at Southwest General.

Contact: www.mylifeexpert.com

Company access: Southwest

Toll-free: **800-327-7272**

National Center for Post-Traumatic Stress Disorder (PTSD)-COVID Coach

COVID Coach is a free, easy-to-use mobile application created for everyone to support selfcare and overall mental health during the coronavirus pandemic. It was developed by the Department of Veterans Affairs (VA) in 2020. The app connects you to resources to help you cope with stress, stay healthy, stay connected and navigate parenting, caregiving and working at home while socially distancing or sheltering in place. COVID Coach is not meant to replace professional care related to COVID-19 or mental health conditions. For more information, visit: www.ptsd.va.gov/appvid/mobile or visit Google Play or the App Store to download today.

Code Lavender

When trying and traumatic situations occur in our workplace, Southwest General aims to ensure that our staff has adequate support and resources. Code Lavender is a real-time, emotional support response for staff members who may be experiencing emotional stress and difficulty during work hours. A "Code Lavender" can be requested by any staff member at any time. Please talk to your manager for more information or review the policy online.

Southwest Employees Inspire, Motivate & Unite

We want to hear your stories, feelings, perceptions, fears and sense of solidarity in working together as employees of a health care organization. By joining together and taking pride in all we have accomplished during these unprecedented times, we can continue

to inspire, motivate and unite as a health care team to deliver exceptional care for our patients, families and one another. Any employee of Southwest General can submit information for this special SharePoint site, which can be accessed from the banner bar of the Southwest General intranet page.

SparkUNPLUG, Your Weekly Reset

What causes your stress? For many, it's a combination of internal and external influences, and if you don't know how to handle it, it can wreak havoc on your productivity, physical and mental health and happiness. What if you could improve your mental fortitude and use the power of your brain to increase happiness and reduce feelings of anxiety? With a regular mindfulness practice like SparkUNPLUG, you can learn how to harness your own brain and breath to combat those life events and responsibilities that most often cause you worry.



Spiritual Well-being

Spiritual Care

Our Spiritual Care team is available to support associates of all faiths. Team members can provide emotional support, respond to a crisis, offer spiritual counseling and help celebrate in times of good news. A chapel for private prayer and meditation is located on the first floor of the hospital, across from the Main Lobby Information Desk. It is open 24 hours a day, and visitors are welcome to leave written prayer requests in the basket located on the altar. You may reach Spiritual Care at **440-816-8648** or by calling the operator.