

## **BJC Employee Support Line opens as a resource to promote the emotional health and well-being of BJC employees and their families**

To provide team members with a resource for their emotional health and well-being, a BJC Employee Support Line will open Thursday, March 26. **The support line number is 314-747-7493, and the hours are 8 a.m.-5 p.m. this Thursday and Friday, and then 8 a.m.-12 a.m., Monday-Friday, starting March 30.**

Employees and their family members can speak with a professional counselor to answer questions related to stress and coping. In addition to receiving support and guidance, employees will be connected with additional resources to promote their well-being as needed. Additional resources include online education materials, online tools to promote stress management and referrals to the BJC Employee Assistance Program (EAP) or other therapeutic care for employees and their family members.

BJC leaders are also encouraged to use this support service to access information on how to support team members in distress, as well as accessing care for team members who may have experienced an upsetting or distressing experience within their work environment or whose homelife has impacted their ability to function well at work.

“During this challenging time, caring for the emotional health and well-being of our employees is critical,” says John Beatty, BJC chief human resources officer. Dan Rothery, BJC Home Care and Community Services president, adds that “establishing a one-stop call-in line will make it even easier for our employees to speak with a professional and receive compassionate and respectful support and guidance.” Rothery encourages our employees to connect with the BJC Employee Support Line for support and direction if experiencing stress, as well as to learn ways to proactively maintain one’s emotional health.

In addition to the BJC Employee Support Line, BJC EAP is offering expanded hours for counseling sessions. Beginning Sunday, March 29, BJC employees and their family members will be able to schedule appointments with our expert consultants anytime during the hours of 8 a.m. until midnight. The BJC EAP 24/7 crisis line will remain in operation as well. Lastly, employees are encouraged to check out the “Your Well-Being” section in the “Resources” section on <https://covid19.bjc.org/>.

Note: The Employee Service Center remains the source for help with your benefits, leaves and tuition assistance. Contact the BJC Employee Service Center, 7 a.m.-5 p.m., Monday-Friday, at 314.362.2184 or toll-free 855.362.2184 or email [Employee\\_Service\\_Center@bjc.org](mailto:Employee_Service_Center@bjc.org).