

Support Resources for Employees



We are here to support you.



How are you coping with stress?

This is a very stressful time in our personal and professional lives, and we must do all that we can to support one another. Check in on colleagues, and remember that you are not alone. There is help available to support all Stony Brook Medicine employees.



Stony Brook **Medicine**

Support Resources for Employees

Code Lavender

This code provides a rapid response to the emotional needs of staff after unexpected or adverse events. Any employee can call a silent code (not called overhead) by dialing the operator (3-2-1) and requesting a Code Lavender. A callback number, the unit and the name of the individual requesting the code is given to the operator, and a responder will return your call. This service is available 24/7. The purpose is to provide psychological, emotional and spiritual support to all staff members depending on the needs of the individual or group of individuals involved.

Mindfulness Meditation

Sessions are available Monday through Friday at 8 am and noon via the Daily Mindfulness Meditation Team on Microsoft Teams and in the Resilience at The Brook room.



Spiritual Care Hotline

Chaplains are available Monday through Friday, from 8 am to 5 pm at (631) 559-6211. For urgent matters, please call the hospital operator and request the chaplain on-call (24/7).

Hardship Fund

If you are experiencing a financial emergency, the Hardship Fund is available to all faculty, staff and students. stonycampus.com/hardshipfund

Employee Assistance Program (EAP)

EAP provides voluntary, confidential and comprehensive support resources to enhance the overall well-being and productivity of faculty, staff and the organization. Please call EAP if you need assistance at (631) 632-6085. stonycampus.com/eap

Healthier U

Stony Brook University's wellness initiative for employees is designed to address your total well-being — mind, body and spirit. Visit the website to explore upcoming wellness events and programs. stonycampus.com/healthieru

Resources and Resiliency Tools

Provided by the Department of Psychiatry and Behavioral Health, these tools can be accessed at: stonycampus.com/psychiatryandbehavioralhealth/covid19support

If you or a colleague is personally struggling and would like to get connected to professional support, please contact the Department of Psychiatry and Behavioral Health's Employee Helpline: **(631) 632-CHAT (2428)**

Thank you for all that you do.

