



**Department of Psychiatry and Behavioral Medicine
Center for Wellbeing**

900 Main Street, Suite 720
Peoria, Illinois 61602

Debra Disney, MEd, LCPC
Director

Date: March 15, 2020

To: UICOMP faculty, staff, residents, students
Health professionals at UICOMP partner facilities

From: Center for Wellbeing
UICOMP Department of Psychiatry & Behavioral Medicine

Re: Promoting Wellbeing during COVID-19

The Center for Wellbeing is committed to promoting emotional health for faculty, staff, residents, students, and other healthcare professionals of UICOMP, UnityPoint Health and OSF. To facilitate wellbeing during this stressful time, beginning Monday March 16, 2020, we will offer:

- Free individual telephone counseling for anxiety, stress, burnout or other issues related to COVID-19
- Free HIPPA-compliant video sessions using doxy.me
- For urgent issues related to COVID-19, in-person counseling in Suite 720 of the Methodist Atrium

[To arrange an appointment, please email CenterForWellbeing@uic.edu or call (309) 495-1671]

- Free weekly group sessions (Fridays at 7:30am and 5:00pm) to brainstorm and address COVID-19 related issues such as arranging childcare, dealing with stress, maintaining life balance, etc.
 - Join by clicking - <https://zoom.us/j/4523854885>
- Up-to-date online resources and links found on the Center for Wellbeing webpage: www.PeoriaWellbeing.org
- The Center for Wellbeing will continue to provide evidenced-based wellness Strategies and Tips via periodic emails (send us an email to join the list)