

# Wellness Resources

Updated May 19, 2021

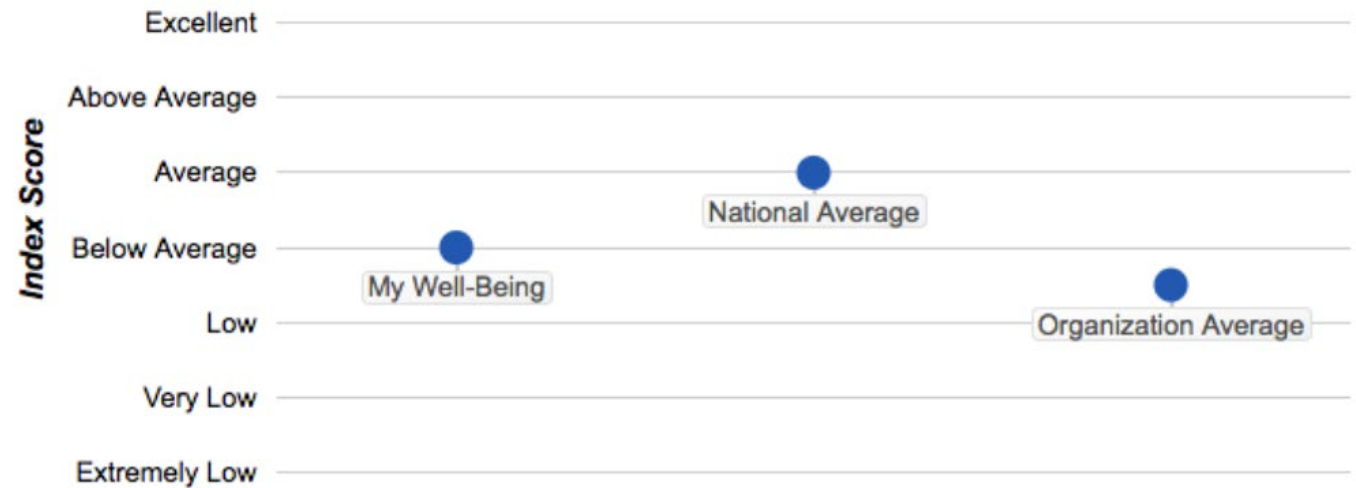
# Well-Being Index

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A tool to help you monitor your distress levels and maintain your wellbeing. In seven questions, the tool measures:

- Likelihood of burnout
- Severe fatigue
- Suicidal ideation
- Quality of life
- Meaning in work
- Work-life integration
- Risk of medical error
- Drop out risk
- Overall wellbeing

**100% anonymous and compares you to your peers at UAB and nationally.**



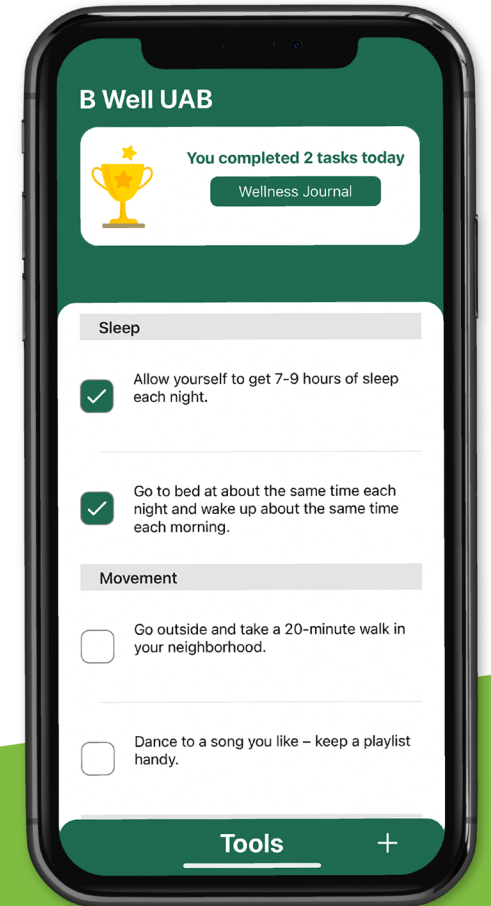
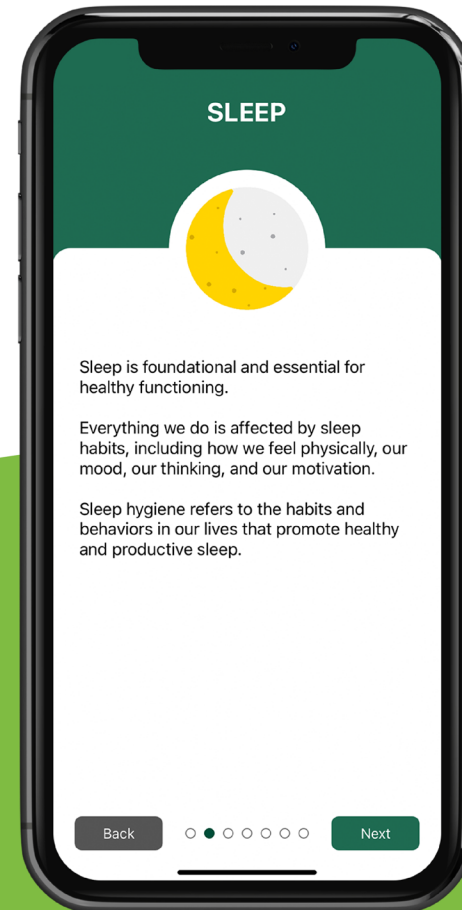
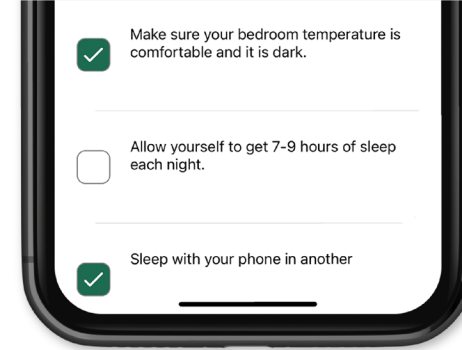


# Student mental health resources all in one place.

- Customizable self-care plan
- Daily wellness tracker and journal
- Self-help activities and tutorials
- Hub for UAB wellness resources

Search "B Well UAB" in your app store or scan the QR code.

**Download Now**



# UAB Medicine Office of Wellness

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Established in 2018, the office identifies and distributes numerous wellness resources within UAB and UAB Medicine to support individual employees, trainees, teams, and departments in meeting their wellness goals. Using research-based wellness data and resources, the office strives to promote balanced cultural wellness.

Visit the website to find resources in five dimensions of wellness:

<https://www.uab.edu/medicine/home/offices-services/wellness>



# Professional Development Office

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- Short-term confidential counseling, consultation and coaching for medical students, residents, fellows and faculty within the School of Medicine/UAB Medicine.
- Whether you have a personal or professional concern, PDO is committed to your physical, emotional and professional well-being.
- Some common reasons people seek PDO out are for stress management, depression, anxiety, burnout, family and relationship issues, communication difficulties, substance abuse issues, and career/academic concerns.

<https://www.uab.edu/medicine/home/offices-services/professional-development>

**Call (205) 731-9799 to make an appointment. No referral required.**

# UAB CARES

## I AM A STUDENT

In times of uncertainty, our everyday lives can become more stressful and overwhelming. As a student, UAB cares about you, your mental health and overall wellbeing. To best support your needs, UAB has provided numerous resources to help you continue your goal of thriving academically and reaching your future career pursuits.

TEXT "UAB"  
TO 741-741

Connect via text with a live,  
trained crisis counselor.

## List of Resources for Students to Seek Help:



### Are you concerned about a student?

Learn what to say on Kognito, a free online resource to help you help someone.

[Learn More](#)

UAB cares deeply about the overall health and wellbeing of its entire campus community. In an effort to reach those in need, UAB established the UAB CARES Suicide Prevention Initiative as to be an effective resource for all. No matter who you are in the UAB community, remember that you matter, and you are important. UAB is here and there is help available today.



### Help for Students

[View Resource](#)



### Help for Employees

[View Resource](#)



### Get Help Now

[View Resource](#)



### Kognito Educational Platform

[View Resource](#)



### Learn More About the Signs and Symptoms

[View Resource](#)



### Blazer Kitchen

[View Resource](#)

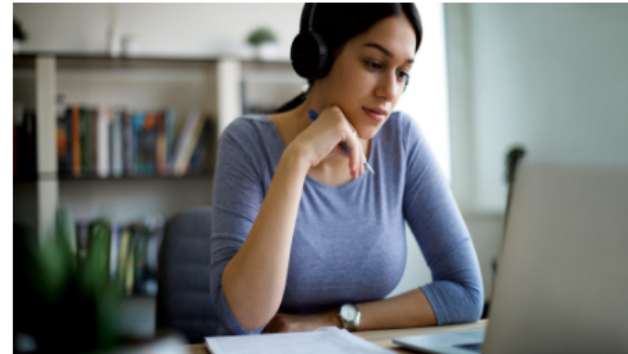


# Kognito Conversations that Save Lives

- **Identify** when there is a concern
- **Approach** someone who needs help
- **Refer** to the appropriate resources



## Kognito for Students



At UAB we want to make sure that we can all recognize signs of distress and know what to say if a friend needs help. **At-Risk for Students** is an online simulation that lets you practice conversations with a virtual student, so you'll know what to say in real life. You'll learn how to determine when a friend needs help, how to talk with a friend who you're worried about, and where you and your friend can turn to for help.

## Kognito for Faculty and Staff



Faculty and staff work with students regularly who are experiencing stress and anxiety related to academics, research, and extra-curricular activities. **Kognito At-Risk for Faculty and Staff** provides faculty tools to learn when to have conversations with students of concern, what to say, and how to assist with connecting them to the appropriate campus resources.

# 24-7 Crisis Support Available

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We're here  
to help you  
cope.

To reach our  
Crisis Counselors,  
text **UAB**  
to **741741**.

CRISIS TEXT LINE |

## Emotional Support Help Line for COVID-19

1-866-342-6892

Free access to specially  
trained mental health  
specialists to support people  
experiencing anxiety or stress  
around COVID-19.

NATIONAL

**SUICIDE**  
PREVENTION  
**LIFELINE**<sup>TM</sup>  
1-800-273-TALK (8255)

[suicidepreventionlifeline.org](https://suicidepreventionlifeline.org)



# Student Counseling Services

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Distance Counseling  
Appointments  
Zoom video or phone



Monday – Friday, 8am– 5pm  
Confidential  
Free for enrolled students



Web-book appointments through  
patient portal on website  
<https://www.uab.edu/students/counseling>



# UAB Employee Assistance and Counseling Center

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Counselors specializing in marriage and family counseling, play therapy, group counseling, alcohol and drug abuse aftercare, EMDR, critical incident stress management, aging and caregiver issues, employee assistance, career counseling, art therapy and more!

UAB Employee Assistance & Counseling Center now offers  
**15 FREE SESSIONS** per year.

UAB, UAB Medicine and VIVA Health employees and members of their immediate household are eligible for up to 15 free, confidential **counseling and life coaching sessions** per year, offered via telemental health/distance counseling.



<https://www.uab.edu/humanresources/home/eacc>

To schedule a counseling appointment,  
call 1-877-872-2327 or 205-934-2281

## Other Counseling Services

The EACC also provides the following services for qualified employees, and members of their immediate household:



### Financial Counseling

Open to UAB, UAB Medicine, VIVA and Homewood City Schools employees.



### Tobacco Cessation

Open to UAB, UAB Medicine, VIVA and Homewood City Schools employees.



### Distance Counseling

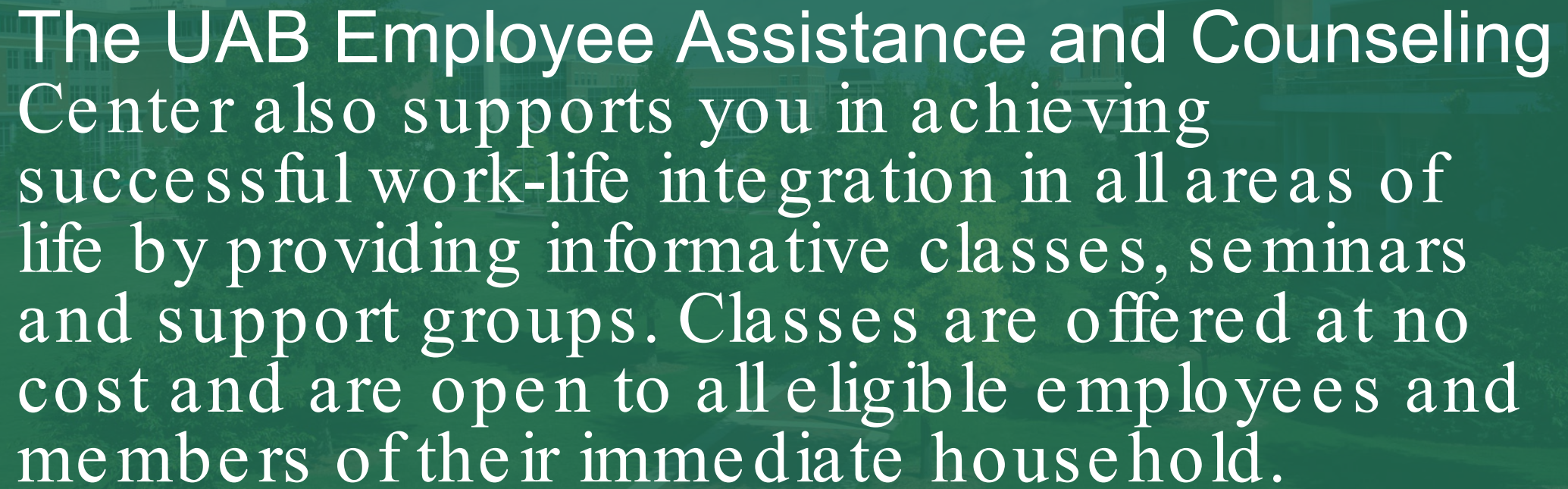
Open to VIVA and UAB School of Medicine employees working outside of Birmingham.



### Life Coaching

Open to UAB, UAB Medicine, VIVA and Homewood City Schools employees.





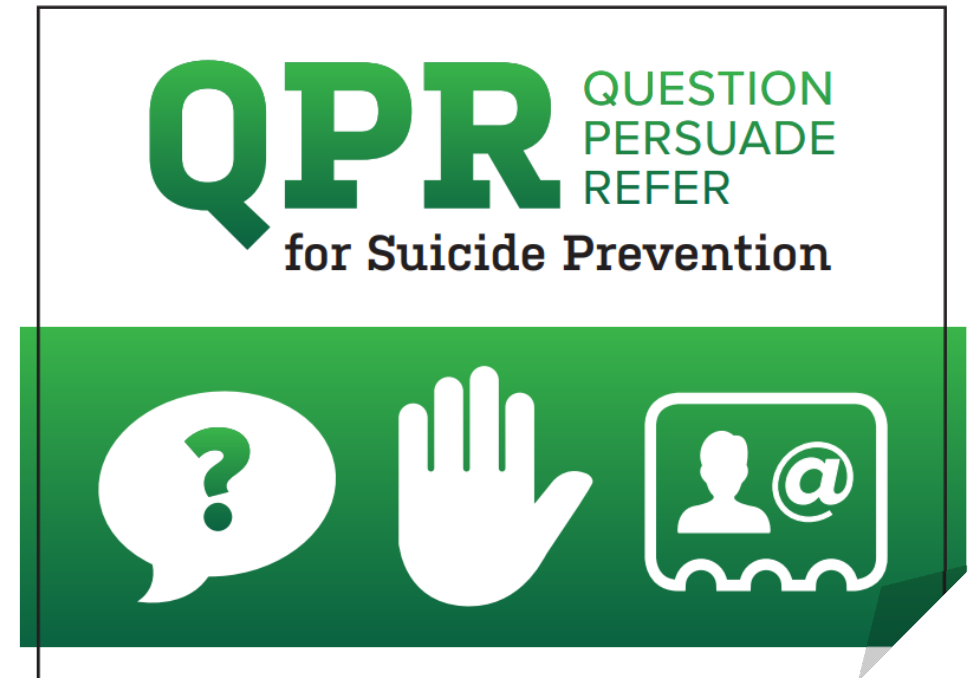
The UAB Employee Assistance and Counseling Center also supports you in achieving successful work-life integration in all areas of life by providing informative classes, seminars and support groups. Classes are offered at no cost and are open to all eligible employees and members of their immediate household.

# EACC Trainings: QPR

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## Become a QPR Gatekeeper:

QPR for Suicide Prevention offers hope through positive action. As a trained QPR Gatekeeper, you will learn to recognize the warning signs of people in trouble, and will have the tools to act vigorously to possibly prevent a suicide.





# EACC Trainings: Mental Health First Aid

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Mental Health First Aid is a virtual training to teach participants how to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program demonstrates that it helps trainees identify, understand and respond to signs of mental illnesses and substance use disorders.



Want to make a difference? Take   
**Mental Health First Aid**

# My Health Rewards

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[Home](#) [Summer of Wellness](#) [Ways To Earn](#) [Balance and Resiliency](#) [Health Ed](#) [Get Active](#) [Pack Health](#) [Key Behaviors](#)

## MY HEALTH REWARDS

Learn more about how to earn incentives for being a healthier you.

[LEARN MORE](#)

680 Points



1 Key Behaviors



Earn an additional 15 points per week for completing 7 days of the UAB HealthCheck. Click for additional details on this promotion.



1  
Take steps in the  
right direction



How to  
Live More  
Smart

0:00 / 0:15  
uab.edu/livehealthsmart

### EMEDICINE

UAB eMedicine is an easy way to be treated for common conditions.

### DOWNLOAD » LINK » EARN

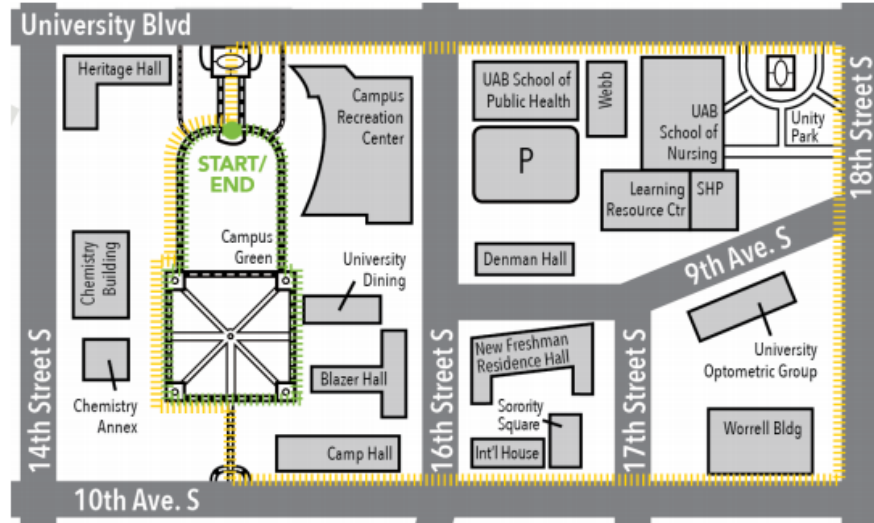
Download the My Health Rewards app and link your Apple Watch or other step-tracking device to start earning points today.

All UAB, UAB Hospital, UAB LLC, UA Health Services Foundation and UAB Health System benefit-eligible employees enrolled in a 2021 medical plan can now earn up to \$350 for healthy behaviors throughout the year. This outcomes-based initiative rewards participants for completing age/gender specific screenings, participating in care-management programs, making healthier decisions and staying active.



# UAB WALKING TRAILS

## UAB ACADEMIC TRAILS



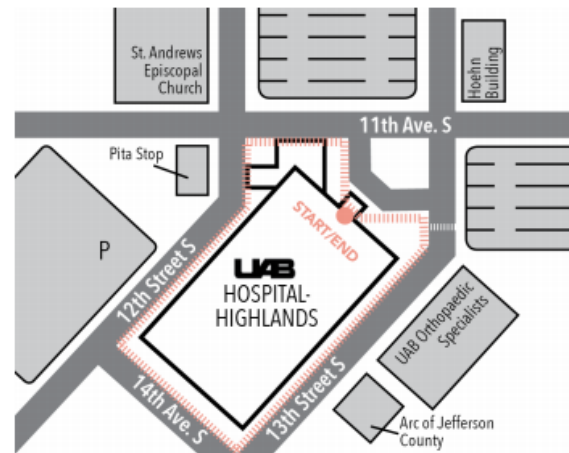
———— Campus Green Trail: 1/3 mile    ———— Blazer Trail: 1 mile



[uab.edu/walk](http://uab.edu/walk)

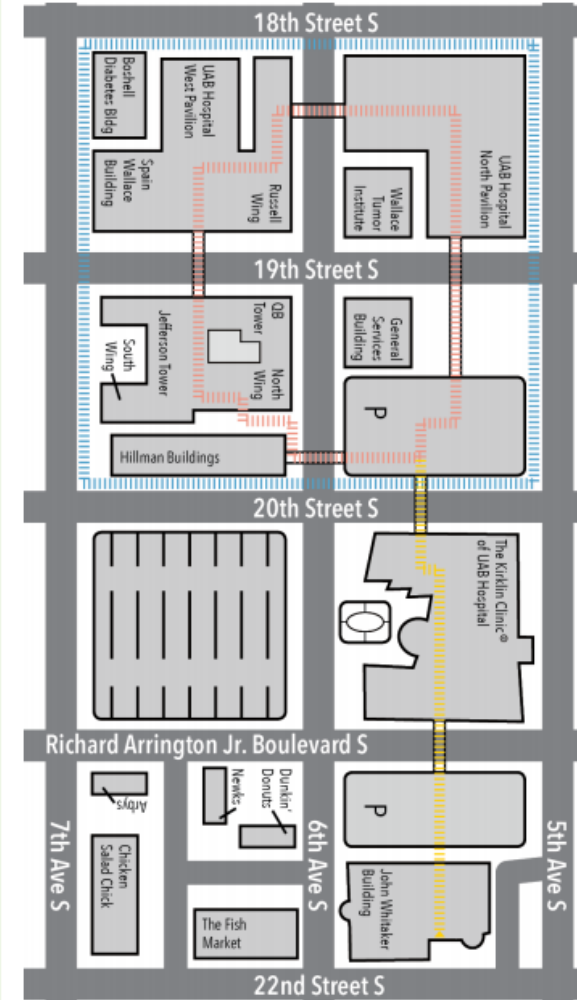
**UAB**  
EMPLOYEE WELLNESS  
The University of Alabama at Birmingham

## HIGHLANDS TRAIL



———— Highlands Trail: 1 lap=0.5 miles

## UAB MEDICINE TRAILS



———— UAB Medicine Outdoor Trail: 0.5 miles  
 ———— UAB Medicine Indoor Trail: 0.4 miles (5 laps=2 mi)  
 ———— Whitaker Extension: 0.15 miles (roundtrip=0.3 mi)  
 ———— Indoor Trail + Whitaker Extension: 0.7 miles

# Stay Connected

## Instagram

- @uab\_employee\_wellness
- @uabmedicinewellness
- @uab\_eacc
- @uabscs

## Take 5 Tuesday Newsletter

UAB Medicine Office of Wellness provides tools and resources each week through a wellness email called Take 5 Tuesday. The email aims to strengthen mind, body, and spirit through local and national resources for each of the five areas of wellness.

## TAKE 5 TUESDAY

### Five Wellness Resources You Can Use

The goal of Take 5 Tuesday is to provide you with resources for each of the five areas of wellness.



1

### Emotional

Lauren Whitt, Ph.D., head of Global Resilience at Google, defines resilience as “our ability to respond to and recover from stress.” If you are interested in learning practices to cultivate resilience and mitigate burnout, watch her SOM Grand Rounds [presentation](#).



2

### Physical

University Recreation and Employee Wellness are teaming up next month to provide you new ways to stay healthy during Employee Wellness Appreciation Month. Sign up [here](#) to get free access to URec