



Keeping you well with no cost, confidential ways to promote well-being and respond to life's challenges.



Resources

From personal to professional, to the little extras. All well-being resources can be accessed on the [Be Well Center](#) and the [Heart Beat](#).



LCMC Health Well-Being Committee

Well-being champions and committee members at the hospital level collaborate to create a genuine culture of well-being and work-life integration at LCMC Health.



HEART huddles and unit support rounding

Healing Experiences and Reflection Talks: In-person or virtual support sessions, typically after traumatic and/or difficult cases. Frequency varies based on need. Email Peer.Support@LCMHealth.org to schedule or discuss customized support options.



1:1 peer support

One-on-one support to help you navigate difficult feelings due to work, personal stressors, or difficult caseloads. Access peer support via email Peer.Support@LCMHealth.org or online [Peer Support Referral Form](#).



Well-being education and presentations

General education, skill-building, and leadership development for a variety of well-being topics.



Well-being consultation and action planning

Collaboration with unit/department leaders to meet their teams' unique needs.



Modules and toolkits

Learn more about available wellbeing resources and handling moral and psychological distress issues.



Employee Assistance Program

(24/7 support)

LCMC Health
800.383.1908
VITALWorkLife.com (username and password: LCMC)
VITAL WorkLife App (username: LCMC)
LSU
504.568.8888
lsuhsc.edu/orgs/campushealth/cap.aspx
Tulane
1.800.964.3577
guidanceresources.com (web ID: HLF902, Company Name: ABILI)



LCMC Health support

(Monday–Friday, 8 am–5 pm)

Be Well Center	504.896.9379
Peer Support Hotline	504.702.2199
Employee Health Hotline	504.962.6270
Nurse Hotline	504.962.6202
People Service Center	504.702.5525
Spiritual Care	lcmchealth.org/spiritualcare



24/7 support. Anytime. Anywhere.

Mental Health, Crisis, and Suicide Lifeline	9-8-8
Community Resources and Care Coordination	2-1-1
Crisis Text Line	Text HOME to 741.741