



For Your Information

April 7, 2020

This message is for all Bozeman Health employees from Morgan York-Singer, pelvic health physical therapy coordinator and member of the employee wellness and stress reduction task force.

New Employee Mental Health Navigation Line and E-Spiritual Care Resource

Here's what's happening...

A new employee mental health navigation line 406-414-2685 is now available Monday – Saturday, 8 a.m. to 5 p.m.

Staff and their families can now access our specially trained e-chaplains for emotional and spiritual support by emailing e-spiritualhealth@bozemanhealth.org. All email correspondence is confidential and you will receive a response within 48 hours. Anonymity will be respected if you choose not to identify yourself. This is not intended to replace formal behavioral health services such as Bozeman Health's Employee Assistance Program or professional counseling.

Here's why...

The Employee Taskforce on Wellness and Stress Reduction was created to address the increased physical, mental and emotional demands being placed on healthcare workers currently engaged in the fight against COVID-19. We realize supporting each other through this uncertain time is going to be critical.

The Mental Health Navigation Line is a confidential resource for employees and/or their families who are concerned about their own well-being and may be dealing with significant anxiety and stress. We hope to offer informal assistance and support through these challenging times that come with many different emotional burdens. Our trained staff (LCSWs, LCPCs, Psychiatrists, and RNs) will facilitate these supportive conversations. This is not intended to be formal behavioral health care nor replace the services of our Employee Assistance Program but rather make sure our employees know how to access the best care given their individualized situation.

Questions or comments? Contact Morgan York-Singer at 414.5149 or MYork-Singer@bozemanhealth.org.