We're here for you.

Find wellness support to cope with COVID.



Call the **Coping with COVID Hotline** for in-the-moment emotional support at **314-286-1700**.



Zoom Support Groups and Skills-based Sessions

Join peers in group sessions, or learn about well-being topics such as navigating relationships and managing worry.



Work-Life Solutions,

the university's employee assistance program, offers free, confidential, 24/7 support, resources and information for every aspect of your life. Employees receive five free counseling sessions.

Call 844-365-4587.



Mindfulness Zoom Sessions

Join weekly virtual mindfulness care sessions to reduce stress and move toward greater balance, control and peace of mind.



App's and Resources

Find well-being tools, online yoga and fitness, videos and more.

Visit copingwithcovid.wustl.edu.

Mental well-being resources for faculty, staff, postdoc's, fellows and residents.