

# Well-Being and Resilience Resources

## Mental Well-Being

Atrium Health Mental Health Support Page



## LiveWELL Resilience Resources

Resilience and Mental Health Support



## Code Lavender | Hopeline 1-980-212-HOPE (4673)

Tools for Crisis Response



## EAP | Greater Charlotte

Employee Assistance Program



## EAP | Atrium Health Navicent

Employee Assistance Program



**Atrium Health**

# Well-Being and Resilience Resources

## MyStressTools

Resilience and Stress Management Training  
Use Passcode: 287486



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## LiveWELL Meditation Channel on YouTube



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## Songs to Reduce Anxiety

Developed by sound therapists



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## Musicians On Call

Use Code: AtriumCharlotte



**Atrium** Health