

# Wellbeing resources for all teammates

## BestHealth For Us

Provides Resources and Education



## Chaplaincy Support



## Code Lavender *(for leaders)*

Tool for Crisis Response



## EAP

Short Term support and referral resources



**Atrium Health**  
Wake Forest Baptist

# Immediate tools for wellbeing

## Livongo

Free access for  
our teammates



**Anxiety-reducing  
and relax-enhancing  
music**



**Previously  
recorded  
peaceful pauses**



**All our coping  
resources can be  
accessed here**



**Atrium Health**  
Wake Forest Baptist