

Managing COVID-19 Related Stress

Mental Health Resources for BHB Staff

Whether you're caring for patients or providing support services, onsite or at home, the COVID-19 pandemic may take a toll on your mental wellbeing.

Do you need help coping with stress and anxiety at work or at home? Reach out!



BHB Support Line for Staff: Call the staff support line at 535-3402

Employee Assistance Programme: Call 292-9000 (9am-5pm) or 505-4327 (after hours) for 24/7 confidential help

Government Emotional Wellbeing Hotline: Call 543-1111 for support from 9am-9pm daily

Mental Health Crisis Line: For serious mental health crises 24/7, call 239-1111 or call 911

Your mental health matters too!



Bermuda Hospitals Board

Questions about your health and COVID-19? Call Employee Health Services at 239-1529, 239-1528 or 239-6270