



## Cleveland Clinic Resources for Mental Health and Bereavement

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### Center for Behavioral Health

Appointments: 216.636.5860

Cleveland Clinic's Center for Behavioral Health promotes healthier, more productive lives of our patients through the prevention, evaluation, and treatment of complex mental health issues and chemical dependency. Psychiatry, psychology, and group therapy available. 22 office locations and virtual. Hispanic Behavioral Health Services in Spanish available.

<https://my.clevelandclinic.org/departments/neurological/depts/behavioral-health>

### Cleveland Clinic Relaxation Program

Find helpful podcasts from Cleveland Clinic doctors on proper behaviors and techniques for relaxation.

<https://my.clevelandclinic.org/departments/neurological/depts/behavioral-health/relaxation-program>

### Spiritual Care Grief and Relief Hotline 888.204.7433

This is a 24/7 confidential hotline to allow patients, families and caregivers the opportunity to speak with a clinically trained chaplain so they may receive solace and support

## Cleveland Clinic Bereavement Support Groups

To sign up for any group, please call 330.668.4672

Caring for you through compassionate listening, quality grief and bereavement education, and the offering of group services which support healing of mind, body, and spirit. Groups at Main Campus, Fairview, Justin T. Roberts Hospice Center, Stephanie Tubbs Jones Health Center, and virtually. Specialty Support Events/Groups include: loss of parent, partner/spouse loss, growing through grief, family memory walk, growing through grief, men tackling grief.

More information: <https://my.clevelandclinic.org/patients/information/bereavement/support-groups>

## Clarity - An Emotional Well-Being Program

Clarity is a 4-month Cleveland Clinic eCoaching program that focuses on participants' overall emotional health and well-being. Qualifying participants will be paired with a dedicated eCoach whose work is overseen by a licensed clinician. eCoaches use proven modalities like Cognitive Behavioral Therapy (CBT) and Mindfulness along with providing homework assignments, articles, and other resources to assist the participant in meeting their personalized goals. This program is not a counseling program and is not intended to be used in place of counseling.

Interested in the program? Contact: [Clarity@CCF.org](mailto:Clarity@CCF.org)

## Stress Free Now Program – A Cleveland Clinic Wellness Program

Stress Free Now provides six weeks' worth of effective stress therapy without leaving home. Participants will receive: Six specially crafted relaxation practices – the heart of the program. Daily strategies with step-by-step instructions that will help you more effectively respond to life's stressors and move toward feeling happier. Daily e-mails that highlight the topic of the day, offer an inspiring quote, and remind you to do the relaxation practice. A stress assessment designed to measure your perceived stress and overall well-being at the start and end of the program. Daily topics that help you get the most out of the program by providing you with information on the science of what you are applying to your life.

<https://my.clevelandclinic.org/ccf/media/Files/Wellness/Stress-Free-Now-flyer.pdf>

## Healthy Sleep eCoaching Program

Contact: 216.448.8880, Email [eCoaching@ccf.org](mailto:eCoaching@ccf.org)

In the Healthy Sleep Program you'll work with your coach to achieve optimal sleep. You'll evaluate current sleep behaviors, lifestyle choices that impact sleep and introduce new techniques to improve sleep quantity and quality. These techniques were developed with the help of Cleveland Clinic sleep experts to improve upon sleep from the comfort and privacy of your home.

<https://ecoaching.clevelandclinicwellness.com/index.htm>

### Stress Free Now iOS App

With Cleveland Clinic Stress Meditations, offered by Wellness & Preventive Medicine department at the world-renowned Cleveland Clinic, you can practice clinically proven relaxation techniques that will help you reduce and control your feelings of stress.

<https://my.clevelandclinic.org/mobile-apps/stress-free-now-app>

### GO! TO SLEEP® iOS App

Improve your sleep habits with Go! to Sleep, a unique app that assigns you a “sleep score,” rating the quality of your sleep. Survey questions relate to caffeine, alcohol, exercise and relaxation. Your answers are weighted by importance to create an overall score based on your lifestyle and morning and nighttime behaviors. The app includes a timer to keep track of your sleep and to record interrupted sleep. If you upgrade, you can see past results, chart progress and receive daily sleep tips.

<https://my.clevelandclinic.org/mobile-apps/go-to-sleep-app>

### Employee Assistance Program (for Cleveland Clinic employees)

The EAP provides assessment, short-term counseling, and referral services for issues that are important to you and your family. All benefit eligible employees and their immediate family members residing in their household are eligible to use the program. Age restrictions exist for adolescents under 18.

<http://portals.ccf.org/caregivers/Employee-Assistance-Program-EAP>

### Cleveland Clinic Healthy Library content:

- Addictions: An Overview <https://my.clevelandclinic.org/health/diseases/6407-addictions-an-overview>
- Causes of Sleep Problems: <https://my.clevelandclinic.org/health/articles/12114-causes-of-sleep-problems>
- Depression & Heart Disease: <https://my.clevelandclinic.org/health/diseases/16917-depression--heart-disease>
- Depression in Women: <https://my.clevelandclinic.org/health/articles/9308-depression-in-women>
- Depression Medicines: Risks / Benefits <https://my.clevelandclinic.org/health/treatments/9301-depression-medicines/risks--benefits>
- Depression: Alternative Therapies: <https://my.clevelandclinic.org/health/treatments/9303-depression-alternative-therapies>
- Depression: Overview and Its Role in Parkinson's Disease: <https://my.clevelandclinic.org/health/diseases/9379-depression-overview-and-its-role-in-parkinsons-disease>
- Managing Anger: <https://my.clevelandclinic.org/health/diseases/12195-managing-anger>

- Meditation: <https://my.clevelandclinic.org/health/articles/17906-meditation>
- Mental Illness: Coping with Stigma: <https://my.clevelandclinic.org/health/articles/12270-mental-illness-coping-with-stigma>
- Recognizing Caregiver Burnout: <https://my.clevelandclinic.org/health/diseases/9225-caregiver-burnout>
- Recognizing Suicidal Behavior: <https://my.clevelandclinic.org/health/articles/11352-recognizing-suicidal-behavior>
- Stress: 10 Ways to Ease Stress: <https://my.clevelandclinic.org/health/articles/8133-stress-10-ways-to-ease-stress>
- Stress: <https://my.clevelandclinic.org/health/articles/11874-stress>
- Stress Management and Emotional Health: <https://my.clevelandclinic.org/health/articles/6409-stress-management-and-emotional-health>