



## **Emory at Grady Wellness Resource Guide**

Guided by the 9 Dimensions of Wellness, this comprehensive guide offers detailed listings of resources available to Emory at Grady faculty, learners, APPs, and staff. It is designed to help individuals access and navigate the full range of support resources through Emory as well as those resources that are accessible through Grady.

### **Overall Wellbeing**

- [Emory You – Your Wellbeing](#)

### **Emergency Numbers**

- Call 9-1-1 for life threatening emergencies day or night (while on Grady campus) (for non-emergencies, call 404-658-6666 to reach the Atlanta Police Department)
- Front Desk Security in Faculty Office Building (FOB): Call 404-981-0728
- Grady Public Safety Office: Call 404-616-4024; from Grady campus office: Call 5-4024
- Emory Faculty and Staff Assistance Program On-Call Service: Call 404-727-4328, press “2”
- Suicide and Crisis Lifeline: Call or text 9-8-8
- Georgia Crisis and Access Line: Call 1-800-715-4225
- Crisis Text Line: Text “HOME” to 741741

### **Emory University School of Medicine Students**

- Student Intervention Services (24/7): Call 404-430-1120
- Student Health Services on-call Physician: 404-727-7551 and press “0”
- Emory Healthcare on-call Psychiatrist: Call 404-778-5000 (available after-hours and on weekends)
- [Respect Program](#) (sexual assault/interpersonal violence): Call 404-727-1514

### **Mental and Emotional**

- [Emory Faculty Staff Assistance Program \(FSAP\)](#)
  - [Crisis Intervention Services](#)
  - [EmoryYou Online Mental Health Screenings](#)
  - [Faculty, Staff, and Family Members](#)
  - [Faculty Physicians](#)
  - [Medical House Staff](#)



- [Leaders and Teams](#)
- [Emory You – Stress Management Health](#)
  - [Events, Workshops, and Webinars](#)
  - ["Unwinding" App through Emory ShareCare](#)
- [Emory Department of Psychiatry and Behavioral Sciences](#)
- [Emory Addiction Center](#)
- [Office of Well-being \(EmWell\) EmBRACE Peer Support Program](#)
- [Cognitively-Based Compassion Training \(CBCT\)](#)
- [Grady Behavioral Health Outpatient Center at Park Place](#)
- Grady Employee Resiliency Clinic: Call (404)-616-7222 (Grady staff only)

## **Spiritual**

- [Emory Spiritual Health](#)
  - [Emory Spiritual Health Wellness Resources](#)
- Grady Chaplains (available 24/7) Call: 470-834-7354
- Goddard Chapel at Grady Memorial Hospital – 1st Floor; 7:30AM - 11PM

## **Physical**

### Physical Activity and Fitness

- [Fitness Facilities at Emory](#)
  - [Blomeyer Health Fitness Center](#)
  - [George W. Woodruff Physical Education Center](#)
  - [Wellness Center at Emory Decatur Hospital](#)
  - [Wellness Center at Emory Hillandale Hospital \(Employees Only\)](#)
- [Brian Jordan/Steve Atwater Wellness Center at Grady Health System \(16<sup>th</sup> Floor\)](#)
- [Physical Activity \(Healthy Emory Connect\)](#)
- [Healthy Emory Walking](#)
- [Healthy Emory Running](#)
- [Biking at Emory](#)

### Nutrition and Weight Management

- [Nutrition Campaign \(Healthy Emory Connect\)](#)
- [Oxford College Organic Farm CSA \(Community Supported Agriculture\)](#) - Emory at Grady pickup location: Faculty Office Building, Room 201
- [Lifestyle Medicine and Food as Medicine Essentials Course](#)



- [Community Supported Agriculture](#)
- [EmoryYou – Your Wellbeing: Medical Weight Management Programs](#)

### **Sleep**

- [Sleep and Recovery \(Healthy Emory Connect\)](#)

### **Preventative Health**

- [EmoryYou – Your Wellbeing - Annual Preventative Exam](#)
- [Diabetes Prevention Program](#)
- [Emory Sleep Center](#)
- [Flu and COVID-19 Vaccinations](#)
- [Tobacco Cessation](#)

### **Insurance-Based Programs**

- [Aetna Programs](#)
- [EVIP Line \(Aetna Members only\)](#)
- [Kaiser Permanente Programs](#)

### **Occupational**

- [Emory Occupational Health Services](#)

### **Family**

- [Paid Parental Leave](#)
- [Expanded Caregiver Benefit](#)
- [Child Care](#)
- [Emergency Back-Up Care](#)
- [Parenting Education and Resources](#)
- [Maven. Free Virtual Support for Pregnancy, Postpartum, and Menopause](#)
- [Lactation Resources](#)
- [Work Life Consultation](#)
- [Adoption Reimbursement](#)

### **Financial**

- [Financial Education](#)
- [Financial Wellbeing](#)
- [Emory Hardship Fund](#)



## **Occupational**

- [Emory at Grady Professional Development](#)
- [Emory School of Medicine Faculty Development](#)
- [Center for Faculty Excellence](#)
- [Professional Development for Staff](#)

## **Intellectual**

- [Emory You – Your Learning](#)
- [Emory Learning and Development](#)
- [Emory Courtesy Scholarship](#)
- [Organizational Development: Talent and Team Development](#)

## **Social**

- [Employee Resource Groups](#)
- [Social and Community \(Healthy Emory Connect\)](#)
- [Wellbeing Expos](#)

## **Lifestyle Benefits and Discounts**

- [Healthy Emory Connect \(ShareCare\)](#)
- [Emory Savings Marketplace](#)
- [Emory Discounts](#)
- [External Health and Fitness Facility Discounts](#)
- [Transportation Discounts](#)
- [Aetna Discounts](#)
- [CVS Pharmacy Discounts](#)