



Caring for Caregivers
Staff and Employee Assistance Programs

Boost Telephone Appointments

Helping Cleveland Clinic Caregivers Maintain Resilience during COVID-19

As a Cleveland Clinic caregiver, you work diligently to provide world-class care to our patients. Now more than ever, it is important that you also take care of yourself.

During the COVID-19 outbreak, Caring for Caregivers is offering 30-minute Boost telephone appointments. Modeled after evidence-based critical incident response practices, these semi-structured phone calls are designed to give you a little “boost” with opportunity to:

- Share experiences of and reactions to your work during COVID-19
- Review resilience skills and support systems
- Explore additional means of resilience and support

Boost telephone appointments are not counseling and are not intended as a substitute for counseling. If additional services are indicated beyond your initial Boost telephone appointment, appropriate recommendations and referrals will be made. As with other Caring for Caregiver services, your Boost conversation will not be part of your medical record.

To schedule your free, confidential Boost telephone appointment, please call Caring for Caregivers today.



Contact Us

1.800.989.8820 or 216.445.6970
<http://portals.ccf.org/caregivers>