

CuRBSide

CONFIDENTIAL REFERRALS
FOR BEHAVIORAL HEALTH

As a busy physician, you may have struggled to find private and convenient psychiatric or behavioral health care for yourself or your family members.



CuRBSide can help.

CuRBSide—Confidential Referrals for Behavioral Health—is a discreet mental health referral service for UPMC physicians, physician trainees, and their families. It is being offered in partnership with **Physician Thrive**, an initiative that aims to promote improved well-being and professional fulfillment among physicians.

When you call CuRBSide, you will be connected with a trained consultant who has access to local psychiatrists, psychologists, and other mental and behavioral health providers in your network. Your use of this service will not be shared with your leadership or HR.

Call **1-833-231-1575** (TTY: **711**) for assistance. CuRBSide's referral service is available Monday through Friday from 8 a.m. to 5 p.m. **at no cost to you.**

Through CuRBSide, you can connect with a provider for help with these and other concerns:

- Anxiety, depression, or substance use
- Marriage and/or relationship difficulties
- Grief and loss
- Compassion fatigue and burnout
- Children and/or family member concerns
- Communicating effectively with members of your team
- Handling adverse events or outcomes

You spend your days and nights taking care of others. Let CuRBSide help take care of you.

PHYSICIAN THRIVE

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