

Mental health resources available at UPMC:

Well-Being Resources for UPMC Attending Physicians

Life Solutions Physicians Assistance Program

Physicians Assistance Program: 866-918-1594

www.lifesolutionsforyou.com (Corporate Login: UPMC)

- ✓ Free, 24/7, confidential support for UPMC physicians (and household members)
- ✓ Counseling in person or by phone (6 sessions per issue)
- ✓ Support for stress, depression, anxiety, substance misuse, relationship concerns, domestic violence, etc.
- ✓ Personalized resources (e.g. child- or eldercare, housing, legal, finance, test-taking, career development, etc.)
- ✓ **Beating the Blues US™** is an online evidence-based cognitive behavioral therapy tool with free private access:
Log on to <https://myhub.upmc.com> > Click Human Resources tab > Select MyHealth Online > Scroll down > Find "Today, I want to:" > Choose "view online tools and programs" from drop-down > Click "Get Started" > Scroll down > Find Beating the Blues US™ > Press Start

CISM ASAP

CISM ASAP Program: 1-833-823-ASAP (2727)

<https://infonet.upmc.com> (Search "CISM ASAP")

- ✓ Free, 24/7, confidential individual and/or group support for any work-related event by the Critical Incident Stress Management (CISM) ASAP multi-disciplinary team

Physicians for Physicians

P4P Program: 412-647-3669

<https://infonet.upmc.com> (Search "Physicians for Physicians")

- ✓ Free, 24/7, confidential, 1-on-1 peer support with a UPMC physician for any work-related stressor or adverse event

Compliance Helpline

1-877-983-8442 or PSPPhysicianRelations@upmc.edu

- ✓ Contact Human Resources with professionalism concerns about staff or colleagues. Anonymous option available.

Patient Safety

Access RiskMaster via Epic or Cerner

<https://infonet.upmc.com> (Search "RiskMaster")

- ✓ Report near-misses, medication events, medical errors, etc.

Crisis Resources

resolve Crisis Services: 1-888-7-YOU-CAN (796-8226)

- ✓ Local, free, 24/7 hotline, mobile team, and walk-in center
- National Suicide Prevention Lifeline**
- ✓ Call 1-800-273-TALK (8225) or Text HELP to 741-741

To access resources specific to UPMC residents and fellows, please visit the UPMC Graduate Medical Education WELL (Well-Being, Environment, Living & Learning) Subcommittee website at: <https://gmewellness.upmc.com>

PHYSICIAN THRIVE

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