

# Well-Being Resources for UPMC Attending Physicians

**PAP** | [pap@upmc.edu](mailto:pap@upmc.edu) | 1-866-918-1594 | [LifeSolutions Online Request Form](#)

- ✓ Free, 24/7, confidential support for physicians and family members
- ✓ Counseling in-person or virtual (6 sessions per issue)
- ✓ Support for burnout, stress, depression, anxiety, substance misuse, relationship concerns, domestic violence, grief and loss
- ✓ Personalized resources (e.g., childcare, eldercare, housing, legal consultation, finance advice, professional development)
- ✓ Access additional online resources for UPMC physicians at: [www.lifesolutionsforyou.com](http://www.lifesolutionsforyou.com) (Company Code: UPMC)

**LifeSolutions**  
Physician Assistance  
Program

**Confidential Referrals for Behavioral Health** | 1-833-231-1575 | [CuRBSide Portal](#)

- ✓ Free, discreet, personalized mental health referral service for UPMC physicians and their family members

**CuRBSide**

**PAC** | [psychaccessclinic@upmc.edu](mailto:psychaccessclinic@upmc.edu) | 1-844-4U-PSYCH | [PAC Portal](#)

- ✓ Psychiatric evaluation and short-term or bridging medication prescribing for attending physicians. Most insurance accepted.
- ✓ Similar resource available for resident physicians through LifeSolutions

**Psychiatry Access  
Clinic**

**Interactive Screening Program** | <https://upmc.caresforyou.org>

- ✓ Free, voluntary wellness self-screening tool for UPMC physicians
- ✓ Secure, confidential, anonymous communication using a unique user ID
- ✓ Receive personalized responses with resources and options for next steps

**Interactive  
Screening Program**

**Critical Incident Stress Management** | [CISM ASAP](#) | 1-833-823-ASAP (2727)

- ✓ Free, 24/7, confidential individual and/or group support for work-related event by a multi-disciplinary team

**CISM ASAP**

**UPMC Physicians for Physicians** | [P4P](#) | 412-647-3669

- ✓ Free, 24/7, confidential peer support with a UPMC physician for work-related stressors or adverse events

**Physicians for  
Physicians**

**Compliance Helpline** | 1-877-983-8442 | [PSPPhysicianRelations@upmc.edu](mailto:PSPPhysicianRelations@upmc.edu)

- ✓ Contact HR for support regarding professionalism concerns by an individual or program. Anonymous option available

**Compliance  
Helpline**

**RiskMaster** | Access via Epic or Cerner

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

**Patient Safety**

**Threat Assessment & Response Team** | 412-647-4969 | [threats@upmc.edu](mailto:threats@upmc.edu)

- ✓ Contact to reduce risk of violence within the UPMC workplace

**Resolve Crisis Services** | [resolve](#) | 1-888-7-YOU-CAN (796-8226)

- ✓ Free, 24/7 hotline, mobile team, walk-in crisis center in Allegheny County

**National Suicide & Crisis Lifeline** | 988

- ✓ Call/text/chat 988 to connect to a mental health crisis counselor 24/7

**Crisis Resources**



To learn more about **UPMC Physician THRIVE** visit: <https://www.upmc.com/THRIVE>  
For more information: <https://infonet.upmc.com>

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