

Well-Being Resources for UPMC Attending Physicians

PAP | 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 (Company Code: UPMC)
- ✓ **Calm Health App** is free for you! Download from app store. Enter UPMC as access code. Verify with UPMC Person Number (on payslip) and DOB

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 | 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

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

Compliance Helpline

[Pitt-UPMC Center for Peer Coaching](#) | [Referral Portal](#)

- ✓ Free, confidential, time-limited 1-on-1 professional coaching to help clarify values-based goals, navigate challenges, and take steps toward growth

Peer Coaching

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

Threat Assessment & Response Team | 412-647-4969 | threats@upmc.edu

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

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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