

Well-Being Resources for UPMC Residents & Fellows

LifeSolutions

Resident & Fellow
Assistance Program

RFAP | rfap@upmc.edu | 412-647-3669 | [LifeSolutions Online Request Form](#)

- ✓ Free, 24/7, confidential support for residents and household members
- ✓ Counseling in-person or virtual (6 sessions per issue)
- ✓ Mental health consultation and psychiatric prescribing
- ✓ Support for burnout, stress, depression, anxiety, substance misuse, relationship concerns, domestic violence, grief and loss
- ✓ Personalized resource information (e.g., childcare, eldercare, housing, legal consultation, financial advice, professional development)
- ✓ Access additional online resources for UPMC residents and fellows at: www.lifesolutionsforyou.com (Company Code: RFAP)
- ✓ **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.

CuRBside

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

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

Resident Primary Care Clinic

UPMC General Internal Medicine | 412-692-4888 | [Resident Concierge Clinic](#)

- ✓ Priority in-person primary care and sick visit appointments for UPMC trainees at the Resident Concierge Clinic (Montefiore Hospital, 9N)
- ✓ Telehealth/hybrid care available for those outside the Oakland campus

Interactive Screening Program

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

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

CISM ASAP

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

Physicians for Physicians

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

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

Professionalism Concern Line

[GME Concern Reporting](#) | 1-844-GME-4DOC (463-4362)

- ✓ Call or submit concerns electronically regarding mistreatment, abuse, coercion, or other professionalism concerns by an individual or program

Peer Coaching

[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

Crisis Resources

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



To learn more about UPMC GME WELL visit: <https://gmewellness.upmc.com>

Please also visit [UPMC GME RFAC](#) to learn more about our GME Community

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