

Well-Being Resources for UPMC Residents & Fellows

LifeSolutions Resident and Fellow Assistance Program

RFAP LifeSolutions – 412-647-3669

www.lifesolutionsforyou.com (Corporate Login: RFAP)

- ✓ Free, 24/7, confidential support for UPMC residents and fellows (and their household members)
- ✓ Counseling in person or by phone (6 sessions per issue)
- ✓ Psychiatric consultation and prescribing
- ✓ Support for stress, depression, anxiety, substance misuse, relationship concerns, domestic violence, grief and loss, etc.
- ✓ Personalized resources (e.g., childcare, eldercare, housing, legal consultation, finance advice, test-taking skills, career development, etc.)
- ✓ **RxWell** is an app to help with stress, anxiety, or depression. Download from the [Apple App Store](#) or [Google Play](#). Work on your health goals with the help of a virtual health coach

CuRBSide

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

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

AnywhereCare

UPMC AnywhereCare – [AnywhereCare](#)

- ✓ Download the app from the [Apple App Store](#) or [Google Play](#)
- ✓ Select “Virtual Counseling” to schedule with an online healthcare professional using your smartphone or tablet
- ✓ 6 convenient and secure sessions offered at no cost (M-F 8A-7P)
- ✓ No matter what you’re feeling, a virtual counseling session could be the first step on your road to feeling better

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 Hotline – 1-844-GME-4DOC (463-4362)

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

Patient Safety

Access [RiskMaster](#) via Epic or Cerner

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

Crisis Resources

UPMC Threat Assessment and Response Team

- ✓ Call 412-647-4969 or email threats@upmc.edu for support to reduce risk of violence in the UPMC workplace

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

- ✓ Local, free, 24/7 hotline, mobile team, and walk-in center

National Suicide Prevention Lifeline & Crisis Text Line

- ✓ Call 1-800-273-TALK (8255) or Text HELP to 741-741