

RESIDENT WELLNESS AND BEHAVIORAL HEALTH RESOURCES

Residency is a stressful experience. Here at Saint Joe's, we strive to minimize the negative personal impact while maintaining a robust educational environment. We want our residents to feel supported as they gain the knowledge and experience that they need to become independent practitioners. This informational guide will help you understand the resources available to you and avenues for assistance.

If you are in crisis: Please call Colorado Crisis Services at 1-844-493-TALK (8255) or Text TALK to 38255, available 24/7. You may also present to the SJH or your local ED.

Other Free National Resources:

[Trevor Project](#) 866 488 7386

[National Suicide Lifeline](#) 988

Relaxation Station located behind the Resource Center on the first floor may be accessed if you need to de-stress. There is a massage chair and table and various relaxation tools. Call 303.812.3456 or sign up for your slot online [here](#)

SJH Chaplains – Our Chaplains can provide help in acute situations. The Chaplain pager # is: 303.897.2629.

PhysicianSupportLine.com National, free, and confidential service staffed by psychiatrists. The Physician Support Line was created with the mission of physicians supporting physicians as we navigate the many professional and personal intersections of our lives.
Open 6:00am-11:00pm MST. 1-888-409-0141

Mentorship – Aside from family and friends, your colleagues and faculty will likely provide much of the day-to-day support that is vital to getting through residency. Your program leadership and faculty are available to help and advise you. The GME Office (Suite 300, Midtown Building, 303-318-3256) is another resource for you.

Health Insurance – Residents and their families receive premium-free health insurance (Kaiser) through Intermountain. (They may elect to pay a premium for Cigna.) Residents in need of behavioral health services may seek them thru their health insurer and primary care provider.

Colorado Physician Health Program (CPHP) – Our hospital contracts with CPHP to be available for services that our residents may need. They provide a range of health-related services for physicians including behavioral health and substance use treatment. The preferred method of accessing these services is through your Program Director or the GME Office, though individuals may self-refer. CPHP's phone # is 303-860-0122. Website: www.cphp.org.

CPHP, in conjunction with the Colorado Medical Society, also offers a peer support program called [Doc2Doc](#) that includes 3 free wellbeing consultations with a physician. P: 720-810-9131

Matt Davis, PsyD: Manager of BH Education at Bruner Family Medicine– Matt works with residents from our programs to help them deal with stress and monitor for burnout. He has offered to serve as a resource guide for residents who feel they may need counseling or other related services. A resident may request a meeting with Matt and he will help guide them to the most appropriate provider. Contact him via e-mail at matt.davis2@imail.org or by text/phone at 940-453-7391.

Employee Assistance Program (EAP) – Intermountain's Employee Assistance Program (EAP) is a support program for caregivers, spouses or domestic partners, and their families (dependents ages 6 - 26) offering brief (up to 8 sessions), confidential counseling and 24-hour crisis services. This program is fully paid for by Intermountain and is available to you at no cost. The EAP may be accessed by going to the InterMountain [EAP website](#), calling **1-800-832-7733** (24/7) or e-mailing eap@imail.org. At first contact you will be offered an appointment (usually within 5 days), be asked what the primary presenting problem is, and be sent intake paperwork to fill out. **Additional free support services through the EAP:**

[Elder Care](#)

[Financial Assist](#)

[Legal Assist](#)

Intermountain Be Well Program: [Be Well](#) is Intermountain's caregiver wellness program. Access free resources such as mindfulness in medicine trainings and earn up to \$400 in Be Well reward dollars by completing physical activities and preventive exams and screenings (also available for spouses or domestic partners) [brochure](#)

Better Together Physician Coaching – All residents have access to free life coaches through Better Together physician coaching. This virtual and very flexible program is run by physician life coaches. They help medical trainees and clinicians overcome things like imposter syndrome, perfectionism, and burnout that are common in medicine. Check out their [website](#) for more info. You will be e-mailed twice per year with an opportunity to opt-in to program.

Peer Support – Intermountain has a system-wide group of trained physician peer supporters who are available when you may need someone to talk with. This can be especially valuable after a poor outcome, a tough patient case or a tough situation at work. To be connected with a peer supporter, email: PeerSupport@imail.org or LGBTQPeerSupport@imail.org

Midtown Athletic Club – An important part of wellness is staying healthy and active. As part of resident benefits, we have added free membership in the Midtown Athletic Club (MAC), located in the basement of the Midtown Office Building (1960 Ogden St.). The MAC allows 24-hour badge access. Cardiac rehab area available OUTSIDE of pt care hours (8am-5pm).

Ride Service– If you are too fatigued to drive home from a hospital shift you may call the house supervisor at 303 812 5911 and they will arrange for a Lyft/Uber home. If you ride share back to get your vehicle, save the receipt to be reimbursed by your program.

If you have any feedback or questions about any of these resources or would like to join the wellness committee, please contact Becky (Chair of the GME wellness committee) at rebecca.hainz@imail.org

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