

WELL Toolkit

All graduate medical training programs across the United States are now required to meet national standards related to physician well-being. The guidelines are defined by the Accreditation Council for Graduate Medical Education (ACGME) in Section VIc of the Core Program Requirements. The WELL Toolkit was designed to help academic institutions meet these mandates regarding physician well-being. Version 1.0 of the WELL Toolkit was created in collaboration with >80 clinician educators and content experts from across the nation. While there are many excellent well-being resources already in existence, the WELL Toolkit was designed by physicians for physicians with content that

Introduction to the WELL Toolkit		
Depression	Risk for Violence	Suicide
Fatigue	Substance Use	Burnout

WELL Flyers

Single page flyers that describe how to access critical well-being resources available to UPMC physicians.

Summary of the WELL Flyer
WELL Resource Guide for Residents
WELL Resource Guide for Attendings

WELL Resources

Resources in this section are updated regularly in order to support current local needs of our training community.

COVID-19	Family and Childcare	Podcasts and Recordings
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Send us your IDEAS



QuickLinks to:

- [Resident and Fellow Assistance Program \(RFAP\)](#)
- [Interactive Screening Program \(ISP\)](#)
- [Physicians for Physicians \(P4P\)](#)
- [CuRBSide](#)
- [CISM ASAP](#)
- [Medical Education Concern Reporting](#)
- [Resident Fellow Association Committee \(RFAC\)](#)
- [Physician THRIVE](#)
- [Belonging, Excellence and Engagement \(BEE\)](#)

Phone Numbers for:

- Resident and Fellow Assistance Program (LifeSolutions): 412-647-3669
- Physicians for Physicians: 412-647-3669
- GME Professionalism Concern Line: 1-844-463-4362 (GME-4DOC)
- UPMC Threat Assessment and Response Team: 412-647-4969
- Local 24/7 resolve Crisis Services: 1-888-796-8226 (7-YOU-CAN)
- National Suicide & Crisis Lifeline: Call/Text/Chat 988