

The University Well Being Committee addresses issues of health and well-being that influence the professional and personal lives of medical students and residents in the UCSF Fresno Medical Education Programs. Students and residents may self refer or be referred by their program director for help with depression, loss and grief, anxiety, relationship or family problems, academic difficulties, the disruptive resident, alcohol or substance use, and many other issues which negatively influence job performance. For the policy referencing the referral process go to: <http://connections.fresno.ucsf.edu/ome/> and select the GMEC Policies, Well Being Referral Policy.

Our goal is to take a proactive approach to handling student and resident issues that promote a healthier learning and working environment at UCSF Fresno and assists our students and residents with the broad range of challenges that can arise during their medical education.

Referral by or consultation with this committee is confidential.

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