



# A Map of UCSF FRESNO GME Well-being Resources



Updated December 2020



Start Here

## UCSF GME Well-being Website

<http://tiny.ucsf.edu/GMEwellbeing> or scan QR code



Your gateway to resources for well-being and mental health for residents and fellows at UCSF

**It may take several days to receive a response. If you are having a mental health emergency, call 911 or Crisis Line (24/7 support, 415-781-0500 or text MYLIFE to 741741)**

### I am looking for resources to provide individual support for residents and fellows

"I am looking for professional mental health support and would prefer to access services directly through UCSF Fresno"



Wellness and Mental Health Support Services (WaMHSS)

- Free mental health services provided by a psychologist attuned to the needs of medical learners.
- Call (559) 499-6689 or email **Betty Liao** ([betty.liao2@ucsf.edu](mailto:betty.liao2@ucsf.edu)), clinical psychologist, directly.
- **Will not appear in personnel file** or medical record

"I am looking for professional mental health services and would prefer to access services in the community, rather than through the University"



Community Mental Health Resources

- Please contact **Insight** at (559) 226-7437.
- <https://tinyurl.com/ybf9kqof>

"It is 9pm, I feel overwhelmed with anxiety, and I don't know what to do next. I am not sure if I need to go to the emergency room and I cannot wait until the next business day to address these concerns"



ProtoCall

- Triage and urgent care telephone service line
- Phone number: (855) 221-0598
- **24/7 mental health support for trainees**
- Provides additional linkage to FSAP
- **Urgent service only**

"The stress of my work is really getting to me and I feel I'm close to burnout"

"The demands of my job are taking a toll on my marriage (or partnership) and we need help"



Faculty and Staff Assistance Program (FSAP)

- Free counseling for personal and work-related issues
- <https://hrtools.ucsf.edu/fsap> or (415) 476-8279
- Strictly voluntary and confidential
- **Will not appear in personnel file** or medical record

"I am a trainee and would like to report mistreatment or a work hours issue that I experienced or witnessed"



UCSF Fresno Confidential Reporting

- Method for trainees to report concerns related to duty hours, supervision, or other complaints: <https://tinyurl.com/yclx53fx>

### I am looking for educational and professional development resources to support trainee well-being

"I want to learn more about available self-directed mental health resources"



Department of Psychiatry and Behavioral Sciences Mental Health Resources

- Site of resources for coping and emotional health including self-care tools
- <https://psych.ucsf.edu/copingresources>

"I want to schedule a well-being consultation for my program and/or find a speaker for a lecture/Grand Rounds talk on a well-being topic"



Contact GME & Wellness Leadership

- E-mail Dr. Lori Weichenthal ([lori.weichenthal@ucsf.edu](mailto:lori.weichenthal@ucsf.edu)) and Andrew Field ([andrew.field@ucsf.edu](mailto:andrew.field@ucsf.edu)) for a consultation.

"I want to attend a workshop to learn more individual well-being strategies. I heard about workshops on mindfulness strategies, emotional awareness, relationship-centered communication skills, and time management"



GME College

- Series covers topics related to all trainees, including workshops related to trainee well-being.
- <https://tinyurl.com/yd7pqp4k>
- Email **Betty Liao** ([betty.liao2@ucsf.edu](mailto:betty.liao2@ucsf.edu)) to schedule a wellness-related workshop.