

WELL-BEING ALGORITHM FOR TRAINEES

For mental health emergencies, call/text 988 or Crisis Line (24/7 Support, 415-781-0500 or text MYLIFE to 741741)

EMOTIONAL WELLNESS RESOURCES

"I'm looking for professional mental health services and would prefer to access services directly through UCSF Fresno."

UCSF FRESNO MENTAL HEALTH SERVICES

Free, confidential services provided by a psychologist attuned to the needs of medical learners. Call (559) 499 - 6689 or email Fresno-LearnerMentalHealth@ucsf.edu



[MORE INFO](#)

"The stress of my work is really getting to me and I feel I'm close to burnout" or "The demands of my job are taking a toll on my marriage (or partnership) and we need help."

UCSF FACULTY AND STAFF ASSISTANCE PROGRAM

Free, confidential counseling through UCSF. Visit website for updated information or call (415) 476-8279.



[MORE INFO](#)

"I'm looking for mental health support, but I'm more comfortable texting or video-chatting."

GINGER

Free, confidential on-demand coaching 24/7 via texting and 15 virtual therapy sessions per academic year. No one at UC will have knowledge you accessed this service.



[MORE INFO](#)

"I'm looking for mental health services outside of UCSF and would prefer to stay within Fresno County."

FRESNO MADERA MEDICAL SOCIETY: JOY OF MEDICINE PROGRAM

Get four free coaching sessions with a licensed mental health provider within Fresno. Call 559-323-8484 to schedule.



[MORE INFO](#)

"It's 9pm. I feel overwhelmed with anxiety, and I don't know what to do. I'm debating going to the ER and I can't wait until the next business day to address my concerns."

URGENT SERVICE ONLY: PROTOCOL

Triage and urgent care phone service line: (855) 221 - 0598. Provides linkage to FSAP and has 24/7 mental health support for trainees.



[MORE INFO](#)

PHYSICAL WELLNESS RESOURCES

"I'd love to go to the gym right before or after work, but I don't have a lot of time."

CMC FITNESS CENTER

Turn in your paperwork and access the free gym on-site at East Medical Plaza. Make sure to follow all gym rules to keep you safe!



[MORE INFO](#)

ADDITIONAL RESOURCES

LYLA

Sign-up for LYLA with your UCSF email, and gain a virtual personal assistant to help you with your to-do list from finding childcare to setting up a car wash.



[MORE INFO](#)

UCSF FRESNO CONFIDENTIAL REPORTING

Method for trainees to report concerns related to duty hours, supervision, or other complaints.



[MORE INFO](#)

EARLY ALERT

Don't wait to ask for help! Sign-up to receive resources available to you through UCSF twice a month. Unsubscribe at any time.



[MORE INFO](#)

RESIDENT COUNCIL

An opportunity for residents to discuss and resolve issues affecting their education. The residency council also hosts social activities.



[MORE INFO](#)

For a list of all resources, visit the [Trainee Wellness Resources page](#).

