



A Map of UCSF GME Well-being Resources



Updated October 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 campus police (415-476-6911) or San Francisco 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

"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 services 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 looking for professional mental health support and would prefer to access services directly through the UCSF Department of Psychiatry and Behavioral Sciences"

UCSF Cope

- Mental health program through UCSF Department of Psychiatry and Behavioral Sciences
- <https://tiny.ucsf.edu/cope> or text COPE to 83973
- Provides mental health diagnostic evaluation, individual/group psychotherapy, med management

"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

- Mental health group practices (psychiatrists and psychologists) in the community: [Baywell](#), [Pacific Coast](#)
- Group practices listed accept resident and fellow HMO/PPO health plans

"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

"I feel guilty after making a medical error and am looking for support"

"Our team's patient coded unexpectedly. This is our intern's first code and I want to help them debrief"

Caring for the Caregiver

- Provides peer support for health care team members involved in stressful patient care experiences
- <https://caringforthecaregiver.ucsf.edu>
- One-on-one, emotional first aid for all care team members at UCSF Health

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

SAFE Reporting

- [Method for trainees to report concerns/mistreatment of any type anonymously or confidentially](#)
- Additional reporting mechanisms available on UCSF GME well-being website

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 Well-Being Committee (WellComm)

- E-mail: UCSF-GME@ucsf.edu

"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

- [Centralized curricular series through GME office](#)
- Series covers topics related to all trainees, including workshops related to trainee well-being