



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 coaching and/or therapy or psychiatry with flexible scheduling that I can access via text or video"

Ginger Digital Behavioral Health Platform

- For residents and fellows enrolled in UC Resident and Fellows insurance plans
- Unlimited text-based coaching and 15 free video therapy/psychiatry sessions per plan year
- Evening and weekend availability
- <https://tiny.ucsf.edu/GingerFAQ>

"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