

WELL-BEING RESOURCES RESIDENTS AND FELLOWS



Confidential LifeBridge LINE: 423-591-9830

<https://www.lifebridgechattanooga.org/> Access a

Counselor:

<https://www.lifebridgechattanooga.org/counselor-bios>

UTGME
CounselorOnsite

An onsite UT GME Advocate/Counselor will soon be available for confidential appointments with flexible scheduling, at no cost to Residents, Fellows, Faculty, Medical/PA Students, or Administrative Staff



If you are in crisis -- or worried about someone who may be-- please call the **National Suicide Prevention Lifeline at 1-800-273-TALK (8255) OR Crisis Text by texting TALK to 741741**



SELF ASSESSMENT –

To sign up: <https://www.mywellbeingindex.org/signup>

Invitation Code: **UTC RESIDENT (For Residents and Fellows)**



Tennessee Medical Foundation Physician Health Program
Reconnection, Restoration, Relationship, Saving Lives and Careers
For more information or assistance, contact the TMF Physician's Health Program at 615-467-6411 (24 hours)
or visit www.e-tmf.org



**UT GME EAP
PROGRAM**

CIGNA EAP personal advocates will work with you -- Residents, Fellows and household family members -- to help resolve issues you may be facing, connect, you with the right mental health professional, direct you to a variety of helpful resources in your community, and more.

Call – 1.877.611.4327

Connect through myCigna.com

Employee ID: UTGME (for initial registration)



BehavioralHealthBenefitsthroughtheResidentHealth

Insurance:

Website: www.cignabehavioralhealth.com

CIGNA Behavioral Health service line at 800-274-4573

For Additional Information please visit our Well-Being Website at
www.uthsc.edu/comc/well-being/

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OTHER RESOURCES:

- <https://www.nejm.org/doi/full/10.1056/NEJMp2003149?query=RP>
- <https://apple.news/AtNE6AFSVRS6-SIS3L2l8ig>

Well-Being Index Blog-

https://www.mededwebs.com/blog?_ga=2.135904183.769481540.1586892708-1326783689.1532640898

#REVAMP_CoV2 is a hashtag created by Mount Sinai students for Twitter, Instagram and a Facebook group to share updates, tagging, building community, a place to seek advice or wisdom on how to be well during this time. REVAMPing COVID-19 is both an acronym and call-to-action for using evidence-based strategies to maintain well-being while social distancing through the pursuit of Relationships, Engagement, Vitality, Accomplishment, Meaning, and Positive emotions.

Headspace: This meditation and sleep app is free right now with your NPI number and email. You can sign up through this link: <https://www.headspace.com/health-covid-19>

FitnessBlender: This free exercise website was recommended by a wellness coach at Mayo Clinic's Dan Abraham Healthy Living Center. <http://fitnessblender.com/>

National Academy of Medicine: <https://nam.edu/initiatives/clinician-resilience-and-well-being/clinician-well-being-resources-during-covid-19/>

Resilient Reflections blog as a safe space and a conversation circle to build community, share resources, and provide reflections that help us realize we are in this together! (Commenting requires signing up for a free Substack account.) <https://muktapandamd.substack.com/>

—Mukta Panda MD MACP FRCP-London Twitter [@MuktaPandaMD](https://twitter.com/MuktaPandaMD)

QR Code for this flyer



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www.uthsc.edu/comc/well-being/