

### WELLNESS

The Office of Graduate Medical Education is committed to ensuring that residents/fellows remain physically, mentally, emotionally, and spiritually healthy while completing their training program. Doing so, allows residents/fellows to find meaning and fulfillment in their career choices.

Residency can be an inherently stressful time, and it is important to know about available resources so residents/fellows can engage in self-care to ensure getting the most out of the educational experience. In the current health care environment, physicians are at increased risk for burnout and depression. Self-care is an important component of professionalism and is a skill that must be learned.

Programs and the sponsoring institution provide each trainee with the time required to visit their health care providers for preventive and follow-up care.

The Office of Graduate Medical Education provides a mechanism for resident/fellow self-assessment of burnout. While we will ask residents/fellows to complete this assessment twice yearly, the tool is always available for self-administration. If a resident/fellow is in need of speaking to someone with a different perspective, the Office of Graduate Medical Education offers FREE counseling services through the Employee Assistance Program and FREE psychiatric care for individuals in need (see [Counseling Services](#)).

The Graduate Medical Education Office also encourages residents/fellows and faculty members to alert a program director, the GME Office, and/or other personnel if there is ever a concern that another resident, fellow, or faculty member may be displaying signs of burnout, depression, substance abuse, suicidal ideation, or potential for violence.

*If you or a colleague are in crisis, help is immediately available. Call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), go to the Emergency Room, or call 911.*