

## **RESIDENTS, FELLOWS, and FACULTY WELL-BEING**

The Office of Graduate Medical Education is committed to ensuring that residents/fellows remain physically, mentally, emotionally, and spiritually healthy while participating in their training program.

Residency can be an inherently stressful time. 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.

The GME Office maintains a Well-Being website that provides information regarding resources aimed at supporting and enhancing resident/fellow wellness (<https://health.uconn.edu/graduate-medical-education/wellness/>).

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 Capital Area Health Consortium (CAHC) provides these services at no cost to the resident/fellow. There is no need for a resident/fellow to notify his/her Program Director, the CAHC or their health insurance carrier when accessing the Employee Assistance Program (EAP) and the Mental Health Services listed below. A resident/fellow also may opt to utilize a provider of his/her choosing at their own expense and/or through their health insurance carrier. Residents/fellows also have access to urgent or emergent care 24 hours a day, seven days a week through the emergency department at local hospitals.

Employee Assistance Program (EAP): All residents/fellows may contact the EAP at UConn Health to access counseling services from psychologists, social workers, and marriage counselors. There is no limit to the number of sessions provided.

<http://health.uconn.edu/occupational-environmental/employee-assistance-program/>

UConn Health Employee Assistance Program, 860-679-2877

Programs provide residents and fellows the opportunity to attend medical, mental health, and dental care appointments, including those scheduled during their working hours.

The Graduate Medical Education Office 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, immediate help is available. Access care by calling 911, going to a local emergency room, or by calling the National Suicide Prevention Lifeline (1-800-273-TALK (8255)).***