

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 well-being (see <https://health.uconn.edu/graduate-medical-education/well-being/>). Additional resources to support well-being can be found on the Benefits and Payroll page of the Capital Area Health Consortium website (<https://health.uconn.edu/graduate-medical-education/cahc/benefits-and-payroll/>).

The Well-Being Index is a tool for resident/fellow self-assessment of well-being (see <https://app.mywellbeingindex.org/landing-page/uconn-health>). While we will ask residents/fellows to complete this self-assessment twice yearly, the tool is always available for use.

Residents/fellows have counseling services available to them through the Employee Assistance Program (EAP) at UConn Health and through several mental health providers in the community (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/or the mental health providers. A resident/fellow also may opt to utilize a provider of their choosing through their health insurance carrier or at their own expense. Residents/fellows also have access to urgent or emergent mental health of medical care 24 hours a day, seven days a week through the emergency departments at local hospitals.

Residents and fellows in all training programs are encouraged 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 medical illness or injury.

If a resident, fellow, faculty member or a colleague are in crisis, immediate help is available by calling 911, going to a local emergency room, or by calling the National Suicide Prevention Lifeline (1-800-273- TALK (8255)).

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