GME Physician Health and Wellness

GME COUNSELOR AND ACADEMIC COACHING

GME supports a resident and fellow-specific counselor on campus, who is available to provide counseling, academic coaching, and career coaching services to any residents or fellows free of charge. Contact information for Dr. Clay Woemmel is as follows **cwoemmel@uthsc.edu** or **901.448.2775.**

GME HAS 24/7 ACCESS TO THE UT CARE TEAM TO ASSIST WITH CRISIS AND NON-CRISIS SITUATIONS

GME Has 24/7 Access to the UT Care Team: **Are you concerned about the wellbeing of a resident or fellow?** Share your concern, observation, or knowledge of distressing OR disruptive behaviors confidentially with the GME Care Team using this form: **GME CARE Concern**.

For non-emergency questions, please email us at **gmecares@uthsc.edu**.

- In the event of a **mental health emergency**, please call **901.448.1877** to speak with a counselor.
- For **on-campus emergencies**, please call Campus Police at **901.448.4444**.
- For **off-campus emergencies**, please call **911** immediately.

OTHER CRISIS RESOURCES

National Suicide Prevention Lifeline: **988**
Tennessee Statewide Crisis Line: **855.274.7471**

UT Health Science Center After Hours Counseling and Behavioral Health Emergency Line: **901.448.1877**.

NON-CRISIS RESOURCES AVAILABLE THROUGH THE TENNESSEE MEDICAL FOUNDATION (TMF)

tn.providerwellness.org

The **Tennessee Professional Screening Questionnaire**, or TNPSQ, is a free voluntary, confidential, completely anonymous mental health self-screening tool. This tool is intended for health professionals served by the TMF Physician's Health Program to include residents and fellows.

This is a NON-crisis service that will result in referrals to appropriate mental health resources and optional interaction with a program counselor.

Call the TMF at **615.467.6411** if you or someone you know is struggling with substance use, addiction, or mental illness.

RESOURCES AVAILABLE THROUGH THE MEMPHIS MEDICAL SOCIETY

THRIVE

The mission of Thrive is to provide independent resources for the physician and medical resident community to confidentially seek counseling in a safe, convenient environment without judgment before they experience serious burnout. Thrive addresses these concerns proactively by providing a confidential hotline (**901.286.3110**) that practicing physicians and now residents/fellows can call or text to request an appointment with a licensed psychologist. **The Memphis Medical Foundation will cover the costs of up to six sessions with this psychologist.** A physician or resident can simply call or text 901.286.3110 to request an appointment. The resident/fellow can also fill out the form at **hipaa.jotform.com/ACOOK24/thrive-request**. A psychologist will be in touch immediately. Memphis Medical Foundation works with the psychologist to pay the costs of the first six appointments. After that,

the physician can continue the relationship with the psychologist at their own cost. All initial information collected for the appointment is confidential.

OTHER NO COST SERVICES AVAILABLE THROUGH THE EMPLOYEE ASSISTANCE PROGRAM

Through Optum, you have three face-to-face counseling sessions with a counselor in your area, as well as video-based sessions (no cost).

Legal assistance (30-minute consultation with an attorney), financial (30-minute telephone consultation with a qualified specialist), parenting (resources and referrals for childcare providers, before and after school programs, camps, adoption organizations, child development, prenatal care and more), eldercare (resources and referrals for home health agencies, assisted living facilities, social and recreational programs and long-distance caregiving), pet care (resources and referrals for pet sitting, obedience training, vets and pet stores), identity theft (60-minute consultation with a fraud resolution specialist)

NEED A CONFIDENTIAL RESOURCE TO HELP NAVIGATE AN ISSUE, THEN CONSIDER REACHING OUT TO OUR OMBUDSPERSON:

Melody Cunningham, MD
mcunni16@uthsc.edu
901.497.7467

DISCRIMINATION/HARASSMENT CONCERNS REPORTABLE TO THE OFFICE OF COMPLIANCE

Staff, faculty, students, medical residents, post docs, applicants for employment or patients may raise complaints of discrimination, harassment, and violations of policy with the Office of Compliance. Individuals who feel they are being treated unfairly because of a protected status or in retaliation for engaging in a protected activity, or individuals who believe they are subjected to behavior that rises to the level of violating UT policy are encouraged to contact the Office of Compliance to arrange a confidential appointment with an appropriate staff member to discuss their concerns. Email: **oc-hsc@uthsc.edu**.

CENTRALIZED GME REPORTING

Ability for concern to be shared anonymously or not; there may be limited ability to investigate anonymous, non-specific concerns and the ability to close the communication loop with the complainant is lost.

Online Survey Software | Qualtrics Survey Solutions

GME WELLNESS PAGE

You can get information on wellness champions for individual programs, lactation room information for different sites and additional information about local wellness activities that might be useful for individuals new to the Memphis area.

uthsc.edu/graduate-medical-education/wellness/index.php

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Healthy Tennesseans. Thriving Communities.

THE UNIVERSITY OF TENNESSEE HEALTH SCIENCE CENTER
GRADUATE MEDICAL EDUCATION

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