

Mental health resources available at UPMC:

Well-Being Resources for UPMC Attending Physicians	
Life Solutions Physicians Assistance Program	Physicians Assistance Program: 866-918-1594 www.lifesolutionsforyou.com (Corporate Login: UPMC) ✓ Free, 24/7, confidential support for UPMC physicians (and household members) ✓ Counseling in person or by phone (6 sessions per issue) ✓ Support for stress, depression, anxiety, substance misuse, relationship concerns, domestic violence, etc. ✓ Personalized resources (e.g. child- or eldercare, housing, legal, finance, test-taking, career development, etc.) ✓ Beating the Blues US™ is an online evidence-based cognitive behavioral therapy tool with free private access: Log on to https://myhub.upmc.com > Click Human Resources tab > Select MyHealth Online > Scroll down > Find “Today, I want to:” > Choose “view online tools and programs” from drop-down > Click “Get Started” > Scroll down > Find Beating the Blues US™ > Press Start
CISM ASAP	CISM ASAP Program: 1-833-823-ASAP (2727) https://infonet.upmc.com (Search “CISM ASAP”) ✓ Free, 24/7, confidential individual and/or group support for any work-related event by the Critical Incident Stress Management (CISM) ASAP multi-disciplinary team
Physicians for Physicians	P4P Program: 412-647-3669 https://infonet.upmc.com (Search “Physicians for Physicians”) ✓ Free, 24/7, confidential, 1-on-1 peer support with a UPMC physician for any work-related stressor or adverse event
Compliance Helpline	1-877-983-8442 or PSPPhysicianRelations@upmc.edu ✓ Contact Human Resources with professionalism concerns about staff or colleagues. Anonymous option available.
Patient Safety	Access RiskMaster via Epic or Cerner https://infonet.upmc.com (Search “RiskMaster”) ✓ Report near-misses, medication events, medical errors, etc.
Crisis Resources	resolve Crisis Services: 1-888-7-YOU-CAN (796-8226) ✓ Local, free, 24/7 hotline, mobile team, and walk-in center National Suicide Prevention Lifeline ✓ Call 1-800-273-TALK (8225) or Text HELP to 741-741
To access resources specific to UPMC residents and fellows, please visit the UPMC Graduate Medical Education WELL (Well-Being, Environment, Living & Learning) Subcommittee website at: https://gmewellness.upmc.com	