

UC IRVINE SCHOOL OF MEDICINE GRADUATE MEDICAL EDUCATION

Wellness Resource Guide

Prioritizing Well-Being

The UC Irvine School of Medicine and UCI Health have made physician well-being a top initiative. One of our goals is to ensure 24/7 easy access to resources, protecting our valued physicians' wellness and promoting a supportive culture.

The information covered in this guide may or may not currently affect you, but it is important for all physicians to identify risk factors, warning signs or any concerning changes in yourself, as well as in others.

Be proactive in getting care for yourself. And if you see someone else struggling, please reach out immediately or notify another person in a position to help. Take good care of yourself and your colleagues!

The areas covered in this resource guide include:

- **Self-Care Fundamentals**
- **UC Irvine Resources (mental health, finances, family support)**
- **County, State and National Wellness Resources**



Psychological, emotional and physical well-being are critical to the establishment of the competent, caring and resilient health care provider.

Take appropriate action and seek help for yourself and your colleagues as needed.



Self-Care Fundamentals &

The **Susan Samueli Integrative Health Institute** offers clinical services from integrative primary care and specialty physicians, naturopathic doctors, acupuncturists, and nutritionists. SSIHI also offers free virtual services for UCI employees and any UC Care covered dependents, such as mindful meditations, acupressure, yoga, biofeedback, and relaxation techniques, as well as education on topics such as sleep, anxiety, and stress management.

<https://ssihi.uci.edu/>

Campus Recreation has an array of individual and group sports and fitness options at the Anteater Recreation Center (ARC), as well as other activities. It also provides a great opportunity to connect with other UCI community members.

<https://www.campusrec.uci.edu/>

Fit Squad offers Yoga and Zumba classes at UCI Medical Center (Manchester Building), on the Irvine main campus, and virtually. The website has the most current schedule. You do NOT have to be an ARC member to take these classes.

<https://www.campusrec.uci.edu/fitsquad/>

The **UC Irvine Perks and Discounts Website** has a long list of discounts available to the UCI community. You can get discounts for education, entertainment, pets, financial, and fitness services.

www.wellness.uci.edu/discounts.html



UCI Culinary Health Program has [free monthly virtual workshops](#) on daily meal planning, including recipes and demonstrations.

UCI Diabetes Prevention Program (DPP) is a virtual program aimed to help employees with pre-diabetes, or those at risk, with the tools to reach healthy lifestyle goals. [Eligibility requirements can be found here.](#)



Replenish your reserves!

Carve out time to enjoy the great trails, parks and beaches in Orange County!

[Orange County Parks](#) has a full list of parks, trails, and beaches with helpful information on hours, scheduled events, trail closures, reservations, and permits.

[Alltrails.com](https://www.alltrails.com) is another helpful resource for various kinds of local trails.

Watch for signs and symptoms in yourself and your peers.

UC Irvine and UC System Online Mental Health Tools and Resources



UCI Human Resources Wellness

This is an online resource just for UC Irvine employees with informational flyers, helpful articles, wellness videos, a list of upcoming programs and events, and available resources.

hr.uci.edu/wellness

UCI REACH

This website provides an overview of all available programs and resources to support mental health needs for our entire healthcare workforce.

hr.uci.edu/wellness/reach/

UCI Wellness, Health and Counseling Services

Resources for students, residents, fellows, and faculty can be found here.

whcs.uci.edu

Susan Samueli Integrative Health Institute (SSIHI) Learning Library

Library of brief guided meditations, breathing exercises, and stress reduction recordings.

ssihi.uci.edu/community-programs/learning-library/learning-library-collections/?resource_type=mindful-meditation

UCI “Wellness Adds Up” Video Library

Educational and activity videos created for and by UCI on a wide variety of health and wellness topics. Topics include strength, flexibility, stress management, nutrition, sustainability, and motivation.

www.campusrec.uci.edu/wellness-addsup

UCTV Well-Being Channel

UCTV offers a curated collection of videos on integrative medicine focused on wellbeing.

www.uctv.tv/wellbeing

UCI Mental Health Training Webinars

This website includes a curated list of pre-recorded webinars available on-demand on pertinent mental health topics, along with supplemental materials. These tools allow you to navigate commonly requested training topics for faculty who are interested in gaining knowledge, skills, and understanding of key mental health issues, enabling them to better support their trainees, co-workers, and themselves. These trainings can be viewed in any order and do not require registration.

ssihi.uci.edu/community-programs/for-the-uci-uci-health-community/faculty-and-staff-support-services/webinars

Mental Health First Aid Certification Trainings

This certification course provides participants with the tools to identify, understand, and respond to signs of mental illness and substance use disorders, allowing them to provide initial help for those experiencing a mental health crisis. Registration information can be found on UCLC for both a 50-minute overview webinar and 8-hour certification course.

<https://hr.uci.edu/wellness/mentalhealth/>

Interactive Screening Program

Convenient and confidential way to complete a brief online mental health screening and communicate anonymously with a mental health professional to receive individualized recommendations and support. Invitation links to be sent on a rolling basis by the GME office, or you can access here:

uci.caresforyou.org/welcome.cfm?access=2324

Take good care of yourself and your peers.

National Online Mental Health Screening and Resources



AMA STEPS Forward

The AMA has created some user-friendly, brief online modules on professional well-being topics:

- Physician Burnout
- Physician Well-Being
- Hospitalist Well-Being
- Physician Suicide and Support
- Preventing Resident and Fellow Burnout

edhub.ama-assn.org/steps-forward/pages/professional-well-being

National Academy of Medicine

In 2017, the National Academy of Medicine launched the Action Collaborative on Clinician Well-Being and Resilience, a network of more than 60 organizations committed to reversing trends in clinician burnout. In particular, check out their Clinician Well-Being Knowledge Hub.

nam.edu/initiatives/clinician-resilience-and-well-being

The Accreditation Council for Graduate Medical Education (ACGME)

is focused on creating a learning environment with a culture of respect and accountability for physician well-being. The Well-Being Tools and Resources page was designed for institutions, programs, residents/fellows, and faculty members to support and promote well-being in the clinical learning environment.

dl.acgme.org/pages/well-being-tools-resources

PsychHUB: A Mental Health Resource Hub

This is the leading mental health search portal and the product of many national mental health organizations' efforts to help people find the resources that best suit their needs.

psychhub.com/mental-health-content

Smartphone Mental Health Apps

The website, One Mind PsyberGuide, provides reviews on user experience and summaries on the research supporting specific mental health apps and other digital health resources.

onemind.org/psyberguide/

Popular Smartphone Apps

Cognitive Behavior Principles

- Wya
- Sanvello: Anxiety and Depression

Mindfulness and Meditation

- Headspace
- Calm

10 Brief TED Talks for When You Feel Burned Out

A collection of brief TED talks to help lift your spirits. Segments range from 4 – 20 minutes in length.

www.ted.com/playlists/245/talks_for_when_you_feel_totall

Mindfulness-Based Stress Reduction (MBSR)

Palouse Mindfulness is a free 8-week online course, created by a certified MBSR instructor, based on the program founded by Jon Kabat-Zinn.

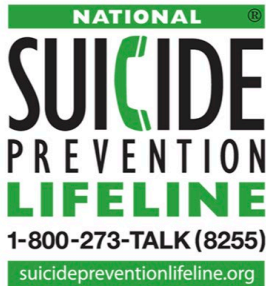
palousemindfulness.com

MoodGYM

This is an online interactive workbook based on the principles of cognitive behavioral therapy and interpersonal therapy. Developed for medical interns, Mood Gym provides tools to cope with depression and anxiety.

moodgym.com.au

Hotlines and Crisis Text Lines



Crisis Text Line

Text HOME to 741741
Free 24/7 Support
www.crisistextline.org

Physician Support Line

888-409-0141
Free & Confidential
7 days/week (except federal holidays), 5 AM – 9 PM PST
www.physiciansupportline.com

CMA Physicians' Confidential Line

213.383.2691

www.cmadoocs.org/confidential-line

Free 24/7 hotline that provides confidential physician-to-physician assistance on substance use and mental health concerns. Concerned family members and colleagues can also call this number to learn about constructive ways to show support and what resources exist for intervention and referral.

National NAMI Helpline:

Monday-Friday, 7 AM – 7 PM PST
800-950-NAMI (6264), info@nami.org
Text HELPLINE to 62640

Local NAMI "Warmline" for OC residents only

Available 24/7
Phone/Text: 714-991-6412, www.namioc.org

Local Mental Health Resources



UCI Psychiatry Outpatient Clinic

UCI Psychiatry can offer assistance and work closely with you to protect your confidentiality.

To make an appointment, please email Erin Carroll, Manager for UCI Outpatient Psychiatry (ecarroll2@hs.uci.edu) and let her know that you are a UCI resident, fellow, or faculty member.

There are offices in the new Chapman Pavilion within easy walking distance of the UCI Medical Center, and in the Newport Beach Birch Street clinic near the John Wayne airport. UCI Psychiatry also offers sessions by Zoom.



Oak Health Center

www.oak.care

Laguna Hills
949.258.3741

Fullerton
714.706.0206

Beverly Hills
310.231.6805

Resident health insurance,
Anthem Blue Cross PPO, is accepted.

Medication management, counseling and therapy are available
in person and through telehealth.

 sensible care

www.sensiblecare.com

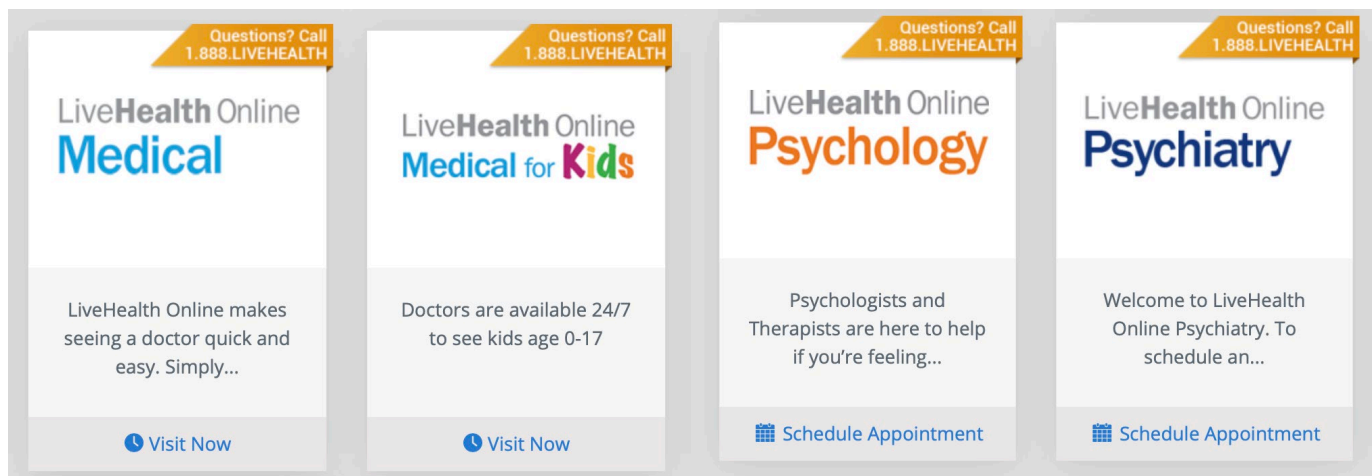
To make an appointment: 714-274-7577
Referral required for services

Resident health insurance,
Anthem Blue Cross PPO, is accepted.
In-person visits and telehealth are available.

505 North Tustin Avenue, Suite 182, Santa Ana, CA 92705

UCI Residents and Fellows' Health Benefits: Telehealth Options through Anthem Blue Cross PPO

Find a health care provider (dentist, vision care provider, physician or psychologist) near you, as well as information on deductibles and out-of-pocket costs: www.ucresidentbenefits.com



Through [LiveHealth Online](#), you can schedule appointments online and have video conferences 24/7 with board-certified physicians. They can diagnose and prescribe medications for many common non-emergency medical and behavioral health issues.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO) and faculty with the UC Anthem Blue Cross PPO plan: Each calendar year, you get one no-cost medical visit and three no-cost visits with a psychologist or psychiatrist. After that, residents pay \$15 per consultation and faculty pay \$20 per consultation. Call LiveHealth Online at 888-548-3432 to receive your free consultations.

You may also schedule video conference appointments with therapists through [LiveHealth Online Psychology](#). Book a time and date that is convenient for you, including evenings and weekends.

- For residents and fellows in ACGME-accredited programs (all have Anthem Blue Cross PPO): Each visit is covered with a \$15 copay.
- For faculty with the UC Anthem Blue Cross PPO: The first three consultations are free. After that, each visit costs \$20.

The service is available not only to you, but also your eligible family members. LiveHealth mental health professionals can evaluate and treat patients aged 10 and older.

For more information: Call LiveHealth Online, 844-784-8409, 7 AM – 11 PM (in any time zone)

*Please note: The websites are used not only by UCI employees, so fees are listed.
You should not be responsible for the entire fee, but only the co-pay as described above.*

Headspace Care (Ginger) App Resource

Headspace Care is a mental health app that offers on-demand, confidential mental healthcare through coaching via text-based chats, self-guided activities, and video-based therapy and psychiatry – all from the privacy of your smartphone and at no cost to you.

- Coaches are available to chat 24/7, 365 days per year.
- Private video sessions with a therapist are available outside of business hours on evenings and weekends.

All UC residents and fellows, and their dependents who are at least 18 years of age and enrolled in a UC medical plan, are eligible to use Headspace Care’s services: Behavioral coaching services, self-guided activities, and up to 15 virtual therapy sessions per plan year.

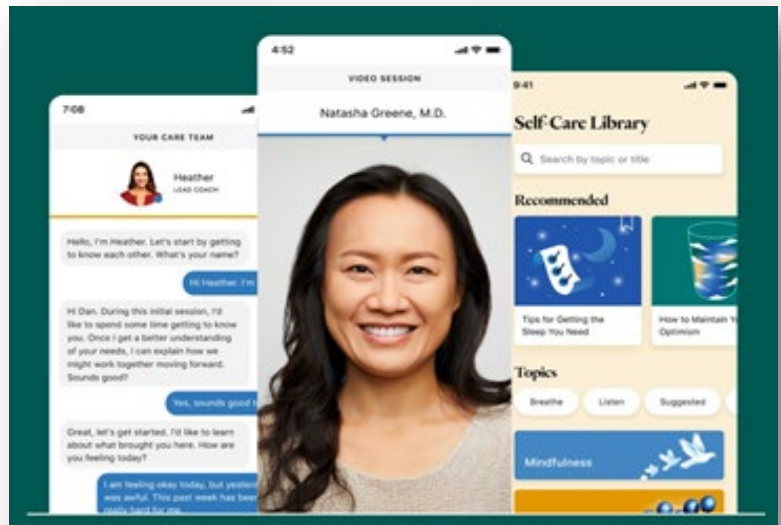
To Access Headspace Care

UC Residents and Fellows:

1. Download the Headspace Care app:
[App Store](#) | [Google Play](#)
2. Once it’s downloaded, tap Get Started, and enter your UCI email address.
3. Follow the instructions sent to your inbox and you’ll be set!

Dependents:

1. Download the Headspace Care app:
[App Store](#) | [Google Play](#)
2. Once it’s downloaded, tap Enter Insurance or Name/DOB, then tap I’m a Spouse/Dependent (18 or older).
3. Enter the info for the primary subscriber (UC resident or fellow) and your email address.
4. Follow the instructions sent to your inbox and you’ll be set.



You can rest assured that the UCI GME Office will not, nor will your program or department, have access to who is using the Headspace Care services or any of the conversations between you, your coach, and your therapist.

Your information is securely stored and protected by law, as described in their Privacy Policy and Terms of Use.

More information is available at www.ucresidentbenefits.com
For questions: email help@headspace.com

UC Irvine Mental Health Resources



Faculty/Staff Support Services
Negar Shekarabi, Psy.D.
Licensed Clinical Psychologist
nshekara@hs.uci.edu
949.824.5208



Faculty/Staff Support Services provides consultative services and support to resolve behavioral health issues, serves as a primary crisis intervention resource to facilitate and coordinate appropriate resources, provides time-limited case management for residents/fellows, and develops and implements instructional training and materials to assist in the promotion of mental well-being for all UC Irvine Health faculty and housestaff.

Support is offered for a wide range of issues, including work-related stress; relationship/couples issues; family problems; depression, anxiety; grief and loss; alcohol, drug and other addictions; consultations and training services for faculty and staff management

Information shared with the Coordinator of Faculty/Staff Support Services is completely confidential. Information about you or your visits is not shared with anyone without your consent or as required by law.

FREE Mental Health Check-In through SSIHI for UCI Residents and Fellows:

Schedule a free 30-minute virtual one-on-one session to support and improve your mental health. [Register here](#)



Life Resources Program

This program is a free, confidential benefit that can help address personal or work-related issues faced by UCI faculty, staff, retirees, and dependents. This service, staffed by experienced clinicians, is available 24 hours a day, seven days per week.

A master's or doctoral level GuidanceResources Professional will help with problem identification, assessment, and referral to treatment providers and community resources. GuidanceResources can assist with concerns such as marital conflict, interpersonal difficulties, conflict at work, stress management, alcohol or drug abuse, and personal decision-making.

liferesources.uci.edu

Phone (24/7): 844.824.3273

www.guidanceresources.com

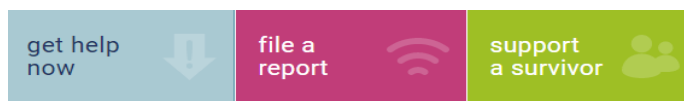
First time users: Click "Register" and use organization web ID: UCILRP

Campus Assault Resources and Education (UCI CARE)

The UCI CARE office provides free and confidential services to any member of the UCI community who has been impacted by sexual assault, sexual harassment, relationship violence, family violence, or stalking.

Services are available to students, staff, and faculty on campus or at the medical center and include advocacy, medical accompaniment, support with navigating reporting options, housing and financial support, referrals, holistic healing programs, consultation, training opportunities, and awareness and prevention programming.

For more information, please visit: care.uci.edu



Contact Information:

G320 Student Center
Irvine, CA 92697-2220
Phone: 949.824.7273
Email: care@uci.edu

Office Hours:
Mon-Fri, 8:00AM - 5:00PM

Substance Use

The Physicians Confidential Line is a 24/7 free service that provides support to physicians with substance use or mental health concerns. This service is completely confidential and will not result in any form of disciplinary action or referral to any disciplinary body. Calls are quickly connected to a physician with extensive experience in helping other health professionals. You can call about yourself or colleague.

www.cmadocs.org/confidential-line
Phone: 213.383.2691

National Institute on Drug Abuse (NIDA)

The National Institute on Drug Abuse (NIDA) has launched a new website to provide physicians and other health professionals with the latest science on drug abuse and addiction. It contains resources for people struggling with addiction and their families, as well as relevant research, documented trends in addiction, and other informational materials.

nida.nih.gov



Assault and Violence

- Domestic Violence Assistance:** 714.935.7956
- Victim/Witness Assistance:** 714.834.4317
- Domestic Violence Hotline:** 800.799.7233 (24 hours)
- Rape Crisis Hotline:** 714.957.2737 (24 hours)
- Sexual Assault Victim Services:** 714.834.4317
- Victim Referral Services – OC Sheriff’s Dept:** [Website](#)

LGBTQ+ Resources

UCIMC and UCI Campus Resources

UCI School of Medicine LGBTQ+

Meetings and Activities for Residents and Fellows

Please contact Dr. Cristobal Barrios for times and locations (cbarrios@hs.uci.edu).

The UCI LGBT Resource Center provides a safe and welcoming environment for people of all identities and offers educational, social justice, and social programs.

www.lgbtrc.uci.edu

UCI LGBTRC

G301 Student Center, Irvine, CA 92697-5125
949.824.3277

UCI LGBTQ Mentoring Program is a trusting, confidential, one-on-one relationship between mentee and LGBTQ mentor. This provides a venue for the mentee to explore many issues regarding sexual orientation or gender identity in a safe, non-judgmental, supportive and empowering environment.

counseling.uci.edu/peer-programs/lgbtq-mentoring-program

Online and Off-Campus Resources

The LGBT Center - Orange County

advocates for individuals' rights and represents the policy and legislative interests of Orange County's LGBT community. It also offers a variety of services and programs, as well as empowering educational courses and events.

www.lgbtqcenteroc.org

Phone: 714.953.5428

LGBTQ Resource List

An online repository of a variety of resources

www.glaad.org/resourcelist

National LGBT Health Education Center

Very extensive and comprehensive list of resources on LGBT health and health care delivery. Includes description of health initiatives, curricula, training, videos, hotlines and much more.

www.lgbthealtheducation.org/resources

Working Parent Resources

UCI Child Care Services offer many options to UCI student, staff, and faculty families. Some options are an infant/toddler center (3 – 36 months old), a Montessori school (3 months – 1st grade), and a developmental after-school program for children aged 5 – 12 years old (11:30 AM – 6 PM on weekdays during the school year, 7:30 AM – 6 PM during the summer). www.childcare.uci.edu

UCI Parenting Support Programs and Educational Classes

A variety of educational opportunities exist to help you navigate parenthood, including classes for expecting parents, new parents, and parents of older children. Various classes are offered on a wide-range of topics, including learning how to navigate the UCI disability leave process before going on parental leave, breastfeeding, managing young children's behavior, saving up for your child's college tuition, college admissions workshops, and much more. spf.ssi.uci.edu

Families Forward is an organization dedicated to helping families in financial or emotional crisis to be successful and self-sufficient. www.families-forward.org

Back-Up Care & Additional Family Support Program

It can be especially challenging to plan for the unknown or find the last-minute support your family needs. To help, UCI has extended the partnership with Bright Horizons® to offer [Back-Up Care™ and Enhanced Family Supports Program™](#) for all UCI faculty, residents/fellows and staff.

All eligible participants can access up to 5 days of subsidized back-up care each program year.



Sign Up for the Back-Up Care™ Program. Book Care When You Need It.

Create your no-cost care profile now and find care last minute or up to 60 days in advance.

Whenever your regular child or elder care is unavailable, you have access to high-quality subsidized back-up care from Bright Horizons for your loved ones. Through the [Back-Up Care™ Program](#), you can access short-term, highly subsidized, in-home or center-based back-up care.

UCI Financial Resources

Fidelity Financial Education Classes (www.myuciretirement.com/Classes/ClassSchedule/19)

Virtual classes are regularly scheduled on topics such as the fundamentals of retirement income planning, initiating your UC Retirement Savings Program, basics of when/how to claim social security, and more.

One-On-One Consultations (www.myuciretirement.com/Resource/156)

Schedule a one-on-one consultation at UCI Medical Center, on Irvine Campus or via Zoom with a financial expert consultant from Fidelity. Gain a better understanding of your UC retirement benefit options, evaluate your individual situation and priorities, and start your retirement income planning.

UC-Specific Retirement

- [UC Retirement Contact Page](#)
- [UCRAYS](#) (retirement benefits, retirement estimator, update beneficiaries)
- [UCPath](#) (current health benefits, payroll, leaves)
- [Voluntary Retirement Plans](#) (403b, 457b, DCP Plan)
- [Retiree Health & Welfare Benefits](#)

Fidelity Financial Services

- [Department Meeting Requests](#)
- [1:1 Financial Consulting Requests](#)
- [Fidelity Webcast Hub](#)

Support at UCI Medical Center

UCI Health Wellness Program

Kelly Shedd, Program Manager, UCI Health Co-Worker Experience

kshedd@hs.uci.edu

Wellness coordination and development of resources for housestaff, faculty, other health care providers and staff at UCI Health.

UCI Medical Center Chaplain

Ieda Grigg, Chaplain

igrigg@hs.uci.edu

Meditation room, email support group and a basket for prayer requests at UCIMC are available. [Website](#)

The UC Irvine Office of Graduate Medical Education is here to help.

Please check out our [UCI GME website](#) and explore the [listed resources](#)

- GME policies and procedures
- Benefits information
- Wellness Resources
- Transportation Reimbursement Program for when you are too tired to drive home from work
- Parking and Security
- [UCI GME Anonymous Feedback Form](#)



Revised June 2024

**UCI School of Medicine
Office of Graduate Medical Education**

gme@hs.uci.edu
<https://medschool.uci.edu/education/medical-education/graduate-medical-education>