

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 meditation, 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/>

The UC Irvine Perks and Discounts Website (resource information) has a long list of discounts available to the UCI community. You can get discounts for education, entertainment, pets, housing, travel, and fitness services. <https://hr.uci.edu/wellness/discounts/>

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 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 Human Resources Wellness UCI is dedicated to building and sustaining a culture and environment throughout the organization that supports the well-being of our faculty and staff. UCI HR Wellness strives to advance a culture of whole-person wellness for all UC Irvine and UCI Health co-workers, which includes physical, mental, financial, and family support, while focusing on overall wellbeing and self-care. UCI HR Wellness develops and promotes programs and resources to support a culture of wellbeing for all co-workers, enterprise wide. Explore the many options available to you. hr.uci.edu/wellness

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. [Link](#)

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 those interested in gaining knowledge, skills, and understanding of key mental health issues. These trainings can be viewed in any order and do not require registration. ssihi.uci.edu/community-programs/for-the-uci-uci-health-community/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. uci.caresforyou.org/welcome.cfm?access=2324

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](#)



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) With a focus on creating a learning environment with a culture of respect and accountability for physician well-being, the Well-Being in GME page was designed for institutions, programs, residents/fellows, and faculty members to support and promote well-being in the clinical learning environment. <https://dl.acgme.org/pages/well-being>

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-resources

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.

<https://onemindpsyberguide.org/guide/>

Popular Smartphone Apps

Cognitive Behavior Principles

- Wysa
- Sanvello: Anxiety and Depression

Mindfulness and Meditation

- Headspace
- Calm

10 Brief TED Talks for When You Feel Totally Burned Out

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

https://www.ted.com/playlists/245/talks_for_when_you_feel_totally_burned_out

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 for Free 24/7 Confidential Support www.crisistextline.org

Physician Support Line

888-409-0141
Free & Confidential
7 days/week (except federal holidays), 5 AM – 8 PM PST
www.physiciansupportline.com

CMA Physicians' Confidential Line

213-383-2691
www.cmadocs.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), helpline@nami.org Text NAMI to 62640

Local NAMI "Warmline" for OC residents only

Available 24/7
Phone 714-991-6412 or Text 866-610-5357, www.namiooc.org/oc-warmline



Local Mental Health Resources

UCI Psychiatry can offer assistance and work closely with you to protect your confidentiality. To make an appointment, please email Maria Mendez, Manager for UCI Outpatient Psychiatry (marim13@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.



www.oak.care

Laguna Hills **Fullerton** **Beverly Hills**
949-258-3741 **714-706-0206** **310-231-6805**

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

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



www.sensiblecare.com

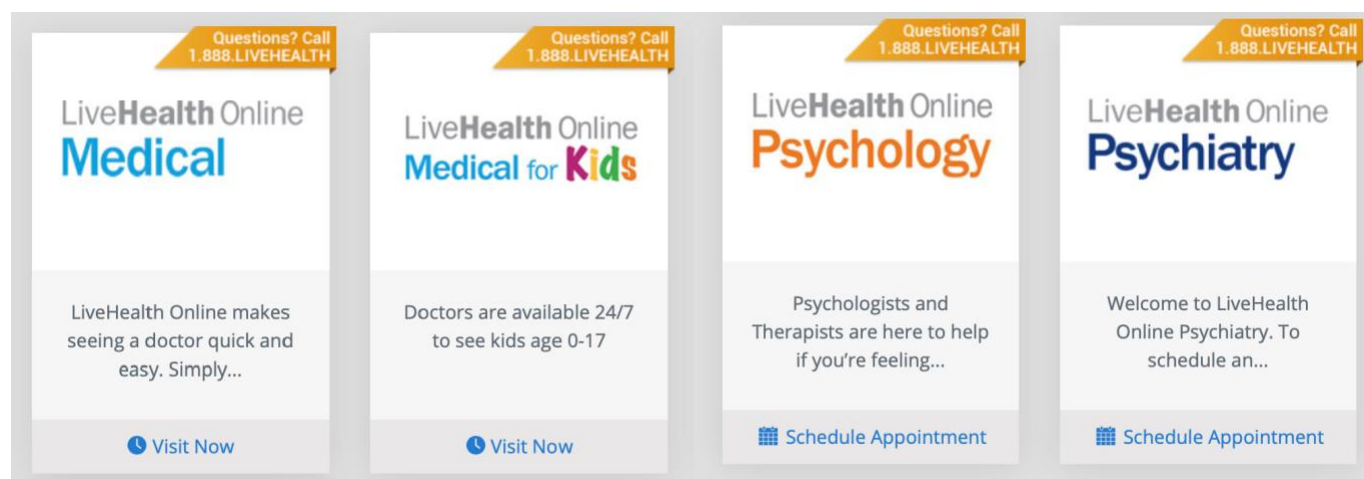
To make an appointment: 714-274-7577
Referral required for services

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 in the comfort and convenience of your own home. They can diagnose and prescribe medications for many common non-emergency medical and behavioral health issues. This service is available only through video – either on your desktop or laptop computer, tablet, Android or iOS mobile device.

- Residents and fellows in ACGME-accredited programs have a \$15 copay when visiting an Anthem PPO network provider. Coverage is only available through the PPO network. You can connect with the Customer Support Call Center toll-free at 888-548-3432 for more information.

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.

- Residents and fellows in ACGME-accredited programs have a \$15 copay when visiting an Anthem PPO network provider. Coverage is only available through the PPO network.

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, 888-548-3432, 24/7 Support

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 copay 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 13 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 and psychiatry sessions per plan year.

To Access Headspace Care

UCI Residents and Fellows:

1. Contact your GME Program Coordinator to obtain your Subscriber ID
2. Download the Headspace app: [App Store](#) | [Google Play](#)
3. To [enroll](#), enter your last name and PlanSource Subscriber ID.

Enrolling dependents*

1. If you've already enrolled, [log in](#), enter your family member's email address and click Send.
2. If you're in the app, tap the profile icon on the far right. Scroll down to Refer household members and tap Send Invites. Enter your dependents' email addresses.



*Dependents ages 13–17 must be referred into care by their legal parent/guardian. A consent form must be signed before the teen can receive care.

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 under “Behavioral Health”

For questions: email caresupport@headspace.com

UC Irvine Mental Health Resources

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 TELUS Health professional will help with problem identification, assessment, and referral to treatment providers and community resources.

TELUS Health can assist with concerns such as marital conflict, interpersonal difficulties, conflict at work, stress management, alcohol or drug abuse, and personal decision-making.

Phone (24/7): 833-303-6940

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

ID: UCILRP

Password: ucisupport

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:
Monday-Friday, 8 AM – 5 PM PST



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](#)

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.cmadoes.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

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, as well as a [reporting tool](#) for bias incidents.

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 – 30 months old), a preschool program (2 or 2.5 years old to 5 years old), and a developmental after-school program for children from pre-K through 6th grade (11:30 AM – 5:30 PM on weekdays during the school year, 7:30 AM – 5:30 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

Enhanced Family Supports™ program with free access to Sittercity's comprehensive database of self-pay services to find nannies and sitters, pet care, and housekeeping help. Additionally, you can find valuable elder care resources through Years Ahead. You can also get discounts on tutoring, test prep, and enrichment classes as well as preferred enrollment for full-time child care at Bright Horizons centers and tuition discounts at partner centers and access discounts on a local, high-touch placement service of trained, screened nannies. More information about these services can be found here: <https://families.uci.edu/familycare/index.html>



UCI Financial Resources

Financial wellness is vital to achieving overall wellbeing — at all stages of your career. Financial wellness at UC Irvine and UCI Health offers personalized counseling, educational seminars and additional resources designed to help employees navigate financial challenges, build financial skills and feel confident about their future. Explore the variety of financial wellness resources available to UCI employees.

<https://hr.uci.edu/wellness/financial-wellness/>

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](#)