

Well-Being Resources for UToledo Residents & Fellows

Impact Solutions: Resident and Fellow Assistance Program

Impact Solutions: 1-800-227-6007

Tess Chat bot: text "Hi" to 1-415-360-0023 to Start

- ✓ Free, 24/7, confidential support for UT residents and fellows (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.)
- ✓ Headspace is an app designed to help with stress and anxiety using self-guided activities and techniques. Search "Headspace" in Apple App Store or Google Play Store. Use your AMA account.

Behavioral Health

Confidential Behavioral-Health: 419-383-3815

- ✓ Discreet, personalized mental health referral service for UT residents and fellows.

OPHP - Ohio Physician Health Programs

Call 614-841-9690 or info@ophp.org

- ✓ Free, 24/7, confidential individual and/or group support if you are experiencing stress, burnout, depression or substance abuse - Ohio Physicians Health Programs

Well-Being Champions & Wellness Committee

- ✓ Every Program (residency and fellowship) has a Well-Being Champion
- ✓ Reach out to them for any wellness ideas, suggestions or concerns

Rocket Wellness & UToledo Rockets

- ✓ <https://www.utoledo.edu/offices/rocketwellness/healthyu/>
 - ✓ <https://utrockets.com/>
- Upcoming events are located on the link with Health Coach and Small Group/Team workshops - UT Rockets – Basketball, Baseball, Golf, Tennis and Football Games

Patient Safety

RL6 and Patient Safety Net:

- ✓ Report near-misses, medication events, medical errors, etc.
- ✓ Patient Safety Net App is on any UT desktop; RL6 is in EPIC

Professionalism Concern Line: Discrimination and Sexual Harrassment (Title 7 and 9)

Email: <https://www.utoledo.edu/title-ix>

- ✓ The University has zero tolerance for sexual misconduct against members of the University community.
- ✓ UT does not discriminate on the basis of race, color, religion, sex, age, national origin, ancestry, sexual orientation, gender identity and expression, military or veteran status, the presence of a disability, genetic information, familial status, political affiliation, or participation in protected activities in its provision of employment and education opportunities.

For more information about UToledo Graduate Medical Education Wellness, please visit:

<https://www.utoledo.edu/med/wellness/residents/>