Mental health resources available at UPMC:

### Well-Being Resources for UPMC Attending Physicians

#### Life Solutions
**Physicians Assistance Program:** 866-918-1594  
[www.lifesolutionsforyou.com](http://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](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](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](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 [PSPhysicianRelations@upmc.edu](mailto:PSPhysicianRelations@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](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

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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](https://gmewellness.upmc.com)