

# GME Wellness Resources for Residents and Fellows

The GME Wellness Program is committed to supporting resident and fellow well-being. Below are just a few of the resources available to help support your well-being needs. Please see the wellness website for many more resources and details.



<https://gme.wustl.edu/wellbeing/>

## Mental Well-being

- [GME Wellness Counseling](#) – free, confidential service
  - ✓ Individual counseling, support groups & group debriefs
- GME Psychiatry services – Office of Drs. Brady & Sultana (314) 721-3381 and Dr. Shah (314) 312-2191 (free, confidential, no insurance used; Need to state you are a GME trainee)
- Virtual counseling and counseling referrals on GME wellness website
- [Move into Mindfulness](#) program
  - ✓ Full courses and drop-in sessions
- [Clinician Peer Support program](#):
  - ✓ Self or peer referral, for any challenges physicians face



## Physical Well-being

- WU Care Primary Care Clinic: 314-747-5900 (WU trainees)
- [Fatigue countermeasures](#)
- Fitness discounts – see [GME Wellness website](#)



## Social/Family Well-being



Life in STL



Babysitters



Lactation

- [WUMCHA](#) – medical center house staff auxiliary group
- [Life in STL resources](#)
- [Brown School Babysitter List](#)
- [Bright Horizons Backup Care](#) (child and elder) WU&BJC employees
- [Lactation program](#)
- Personal outsourcing tips – see [GME Wellness website](#)
- [GME Interest groups](#)

## Overall Well-being

- Employee Assistance Programs
  - ✓ Confidential support for emotional concerns, legal and financial advice, and referrals for many different work-life tasks (e.g. home maintenance, event planning...)
  - ✓ [WUSM EAP](#): 844-365-4597
  - ✓ [BJC EAP](#): 888-505-6444

## Crisis Resources

- St. Louis Behavioral Health Response Hotline: 800-811-4760
- National Suicide Prevention Lifeline: 988 - Text or Talk
- Provident Behavioral Health Crisis Line: 314-647-4357

## Well-being Self Assessment

To Sign Up: <https://app.mywellbeingindex.org/login>

Invitation Code: WU/BJH/SLCHWELLNESS

