

GME Wellbeing Resources for Residents and Fellows

The GME Wellbeing 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 [GME Well-being website](#) for many more resources and details.



Mental Well-being

- [GME Wellness Counseling](#) – free, confidential service
 - ✓ Individual counseling, support groups & group debriefs
- [Wash U GME Psychiatry](#) – Dr. Asher. Click the link to schedule or call (314) 273-8631 (virtual or in-person, free, confidential, no insurance used, 7 am slots available)
- Outside GME Psychiatry – 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)
- [Healthcare provider list](#) – recommendations from GME Wellness Champions, please check insurance accepted
- [Sleep and Fatigue Information](#)
- Fitness discounts – see [GME Wellness website](#)



Social/Family Well-being



STL to Do

Babysitters

Lactation

- [WUMCHA](#) – medical center house staff auxiliary group
- [STL Things to Do](#)
- [WashU OT babysitter group \(Facebook\)](#)
- [Bright Horizons Backup Care](#) (child and elder) WU&BJC employees
- [Lactation program](#)
- [GME Interest groups](#)

General Wellbeing

- 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

