

## Washington University Resources

Resource	Link/Contact
8ight Ways to Wellness	<a href="http://hr.wustl.edu/8ight-ways-to-wellness">hr.wustl.edu/8ight-ways-to-wellness</a>
Employee Assistance Program (EAP)	WUSM EAP: <a href="https://hr.wustl.edu/items/eap-2/">https://hr.wustl.edu/items/eap-2/</a> Phone 844-365-4587 BJC/SLCH EAP: <a href="https://www.bjceap.com/">https://www.bjceap.com/</a> Phone 888-505-6444
GME Counseling	<a href="http://gme.wustl.edu/wellness/gme-wellness-counseling/">gme.wustl.edu/wellness/gme-wellness-counseling/</a>
GME Psychiatry	Dr. Jaron Asher @ (314) 273-8631

## Local Resources

Resource	Link/Contact
MU Health Care's Physician and Health Professional Wellness Program	<a href="https://www.muhealth.org/conditions-treatments/wellness-programs/physician-health-professional-wellness-program">https://www.muhealth.org/conditions-treatments/wellness-programs/physician-health-professional-wellness-program</a>
STL Professionals Health Program (STL-PHP)	Mary Fahey, LCSW 314 578 9574 <a href="mailto:mfahey@stl-php.org">mfahey@stl-php.org</a>
St. Louis Local Physician Recovery Group (Caduceus)	810-394-2732
Local Private Providers for Substance Use Treatment	<a href="#">Aviary</a> <a href="#">Harris House</a> <a href="#">Positive Sobriety Institute</a> <a href="#">Sana Lake</a> <a href="#">Clayton Behavioral Health</a>
<u>Residents</u> : Cigna Behavioral Health	1 (866) 780-8546, TTY 711
<u>Fellows</u> : United Healthcare Members Substance Use 24/7 Hotline	1 (855) 780-5955, TTY 711

## National Resources

Resource	Link/Contact
Substance abuse and mental health services administration (SAMSHA) National Helpline	<a href="https://www.samhsa.gov/find-help/helplines/national-helpline">https://www.samhsa.gov/find-help/helplines/national-helpline</a> 1-800-662-HELP (4357)