

# GME Wellbeing Resources for Residents & 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 Wellbeing

- [GME Wellness Counseling and Psychiatry](#) – free, confidential
  - Individual counseling, support groups & group debriefs
  - Free psychiatric services, no insurance
  - After hours available
- Additional resources: [GME well-being website](#)
- [Community Care Circle](#) – peer support for common life events
- [Move into Mindfulness](#) program – Full courses and drop-in sessions
- [Clinician Peer Support program](#):
  - Self or peer referral, for any challenges physicians face



## Physical Wellbeing

- WU Care Primary Care Clinic: 314-747-5900 (WashU trainees)
- Adult [Primary Care Providers](#) accepting new patients
- [PCP practices](#) facilitating trainee scheduling specifically
- [Sleep and Fatigue Information](#)
- Fitness discounts – [GME Well-being website physical health](#)



## Social/Family Wellbeing

- [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](#)



STL to Do



Babysitters



Lactation

## General Wellbeing

- Employee Assistance Programs
  - 24/7 confidential support for emotional concerns, legal and financial advice, and referrals for many work-life tasks
  - Also can access via GuidanceNow App
  - [WASHU EAP](#): (Web ID: WashU) 844-365-4587
  - [BJC Health System EAP](#): (Web ID: BJC) 855-544-9600

## Crisis Wellbeing

- St. Louis Behavioral Health Response Hotline: 314-819-8811
- National Suicide Prevention Lifeline: 988 - Text or Talk
- Physician Support Line (7a – 10p): 888-409-0141

Complete a Wellbeing Self-assessment

